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**Food, Page 1C**

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# Granite City Journal

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VOLUME 20, NUMBER 28

WEDNESDAY, APRIL 10, 1996

FIFTY CENTS

## Obscenity charges are issued

By Bob Slate  
Staff writer

A 31-year-old Granite City man was arrested over the weekend after he allegedly displayed a pornographic photograph to three young boys.

Les E. Rinehart, of the 4400 block of Wabash Avenue, was charged Friday afternoon with three counts of obscenity. He posted bail on the misdemeanor charges and was released.

Police recovered 15 photographs depicting nude men engaged in homosexual activities from Rinehart's car, according to a police report.

Assistant Police Chief Kip Pomeroy said Rinehart has no previous criminal record.

Pomeroy said three boys, ages 13, 11 and 10, told police they were walking on Rodger Avenue at about 5:45 p.m. Friday when Rinehart pulled up in a car and asked if the boys wanted "to see some pictures."

Rinehart allegedly held a photograph of two nude individuals out of the car window for the boys to see.

After the boys told Rinehart they were not interested, Rinehart rolled up his car window and drove away, the report states.

Pomeroy said police went to Rinehart's home, where he admitted having shown the picture to the boys. Rinehart led police to the front seat of his car, where 15 photographs depicting nude men engaged in homosexual activities and eight pages of literature were recovered, the report states.

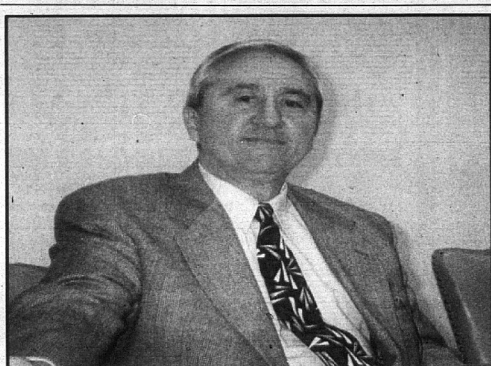
## Man involved in 3 accidents

By Bob Slate  
Staff writer

A 27-year-old Granite City man was charged with drunken driving after being involved in three automobile accidents Saturday night.

Jimmy J. Woehrl, of the 160 block of Briarwood Lane, was arrested at 7:42 p.m. Saturday and charged with driving under the influence of alcohol, improper lane usage, operating an uninsured motor vehicle and failure to wear a seat belt.

Police said Monday they would seek a felony charge (See ACCIDENTS, Page 9A).



Bob Astorian, director of court and probation services for Madison County, who is retiring after 34 years in law enforcement.

## Astorian ending long police career

By Bob Slate  
Staff writer

If Bob Astorian had his way, his retirement would go relatively unnoticed.

Astorian, 58, director of court and probation services for Madison County, will officially retire in June after eight years on the job.

Prior to his stint with the county, Astorian served the Granite City Police Department for 26 years.

Mayor Von Dee Cruise appointed

Astorian chief in July 1987 at a time when the department was embroiled in controversy and morale was at an all-time low.

Astorian's low-profile approach to his duties may be one reason for his success.

"Bobby's a good man and was a good chief. He had the respect of the men on the department. He was low-key and he did things strictly by the book — very professional," Cruise said. "He impressed me with (See ASTORIAN, Page 9A)

## Truck facility not moving here

By Scott Cousins  
Staff writer

The Charles Melvin Price Support Center has lost out in its bid for a U.S. National Guard truck rebuilding facility. But officials say they are looking at other projects to take its place.

"They made the announcement Tuesday and we've been fighting ever since," Austin said Monday.

"We are looking at a couple of alternatives," he said.

One of those would be a similar facility for the U.S. Army Reserve. He said if successful, it would start as a repair facility, and then possibly expand to rebuild the trucks.

Austin said they would be doing a demonstration project at Price in the next few months, and a decision might come 30-90 days after it was complete.

He said there are other projects that might be considered for the center, but he could not elaborate at this time.

"We want to do something there at the Price Center if we can."

— Richard Austin

"We want to do something there at the Price Center if we can," he said.

The Price Center had been one of more than a dozen proposed locations for one of the National Guard facilities. Officials said one would be built in Texas, and the competition was for the second facility.

The centers would be used to rebuild 2½-ton and 5-ton trucks used by Army National Guard Units, and would employ approximately 150 people.

Illinois National Guard and local officials made their presentation in Washington, D.C., in early February.

In an effort to improve the Price Center's chances, the Madison County Board had authorized a \$117,275 grant for startup expenses for the facility.

In a related matter, a spokesman for the U.S. Coast Guard said recently that (See FACILITY, Page 11A)

## Mussels increasing in river

The number of zebra mussels is decreasing in the Illinois River, but experts are finding more of the pesky shellfish along the Mississippi.

Although tiny, the parasitic mollusks wreak havoc on water intake pipes as well as on populations of native freshwater mussels. The freshwater mussel shells are harvested by some commercial divers for export to Japan where they are used as the "seed" to produce cultured pearls in oysters.

Doug Blodgett, a biologist with the Illinois National History Survey, said a

massive number of the mussels have died off in the Illinois River during the last two years.

"Originally, when (zebra mussels) first arrived, it looked like they were here to stay, but in 1994 and 1995, they haven't persisted," Blodgett said.

The adult (zebra) that came in '93 died off in '94, and there weren't a lot of new ones in '94. Then the new ones in '95 died off, too."

European natives, the zebra mussels were first introduced into the Great (See MUSSELS, Page 11A)

## Storm water proposa facing deadline

Local leaders say time is running out to pass legislation this year that would authorize a three-county effort to combat internal flooding.

Legislation proposed by the Metro East Storm Water Committee apparently is at a standstill and negotiations are under way with special interests that oppose it.

"There is nothing that's been agreed to," said Richard Worthen of Alton, vice chairman of the committee. "I do not think it looks particularly good."

Another committee member, Larry Reinbeck of St. Clair County, said he

thought it was a good sign that the opponents are willing to continue talking.

"Hopefully, we can resolve this," he said. "I think the door is still open."

Worthen said a compromise must be reached by April 15 for any reasonable chance of action during the current legislative session.

Officials from Madison, St. Clair and Monroe counties banded together to seek ways of controlling flooding caused by storm water runoff. They are seeking uniform controls on new development and legislation to allow

regulation of storm water in upland areas and collection of user fees to help finance flood-control measures.

Bills introduced by State Sen. Evelyn Bowles, D-Edwardsville, and State Rep. Tom Holbrook, D-Belleview, would have authorized a base service charge of no more than 5 cents per \$100 assessed valuation for development and administration of a storm water management plan. That would affect all property owners in the three counties.

The bills also authorized additional user fees on property for specific

flood-control measures, but the total of all fees could not exceed 20 cents per \$100 assessed valuation. Taxes paid to an existing drainage district or municipality for drainage activities would be credited against the fees.

Holbrook's bill has been killed, but a bill introduced by State Rep. Ron Stephens, R-Troy, as a vehicle for compromise remains alive in the Illinois House. The House bill is alive in the Senate but not in its original form.

Opposing the original legislation (See WATER, Page 11A)

## In the Journal

### Index

Calendar.....	4B	Food.....	1C
Classified.....	1D	Local news.....	2A
Entertainment.....	10A	Obituaries.....	4A
Family.....	2B	Sports.....	1B

**5 FULLER'S FORECAST**

John Fuller, Chief Meteorologist, KSDK NewsChannel 5

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FRIDAY 69°  
SATURDAY 71°

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## Crisis center facing probe

A state agency will investigate allegations of nepotism and internal conflict at a Madison County rape crisis center before allocating any funds to it.

Polly Poskin, executive director of the Illinois Coalition Against Sexual Assault, said that the coalition's board will investigate alleged nepotism at Collinsville-based Sexual Assault Victims First before considering awarding the center a \$100,000 grant this summer.

Poskin declined to comment specifically on the allegations, but she acknowledged nepotism and board conflict are subjects of a pending grievance.

"This goes to the grievance and I just can't discuss it," Poskin said. "We'll be looking at everything. It's not fair to

the process if I discuss it now."

The coalition apparently caught wind of the alleged troubles at Victims First when its former executive director, Susan Sticha, wrote a letter to the coalition shortly after she was fired in February.

Sticha, of Alton, said she wrote a letter to Poskin to express her concerns about the agency. She was later notified that her letter had been forwarded to a grievance committee.

"That is the last I heard," Sticha said. "They will probably contact me when they have reached some decision."

Sexual Assault Victims First is governed by a six-member board. Two members, who are cousins, are nieces of the agency's paid consultant, Pamela (See CENTER, Page 11A)

## March of Dimes Health Points

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## Costello makes presentation

# Local man receives Congressional Award

By Scott Cousins  
Staff writer

Brent Sobol has been involved in community service since his class at St. Elizabeth School went to sing at a local nursing home.

Since then he has been involved in everything from soup kitchens to tutoring inner-city children on computers.

Sobol, the son of John and Charlotte Sobol of Granite City and a 20-year-old sophomore at Washington University in St. Louis, was honored Monday for that service. U.S. Rep. Jerry Costello, D-Belleville, presented him with the Silver Congressional Award.

The award is given to outstanding individuals who have made achievements in voluntary public service, personal development, physical fitness and outdoor exploration; it is open to people 14 to 23 years old.

Recipients are selected by a national board made up of business leaders.

"It's a terrific program," Costello said. "President (Jimmy) Carter and Congress decided to try and recognize young people between the ages of 14-23 doing volunteer work, to try to give them an incentive to get involved."

So far about 5,000 gold, silver and bronze

awards have been given out. Costello said this is his first.

"It's a great program and I'm pleased that Brent was nominated. He's an impressive young man," Costello said. "It's a significant accomplishment. What the committee...attempts to do is to try and identify future leaders, both in the business world and government."

Sobol, who is majoring in business management, said it was "very exciting" to receive the award.

"I think it's important because I believe young people can have a direct impact in the community, as well as set an example for other people to follow," he said.

To receive the award, Sobol performed more than 500 hours of community service. His projects included working in a soup kitchen, tutoring inner-city children on computers and planning birthday parties for abused children.

Former Madison mayor Ray Kozielek is Sobol's sponsor.

"His father and his family are personal friends of mine. I've known them all my life," he said.

"As I watched Brent, I saw characteristics in him like his manners, behavior, work ethic," Kozielek said. "I was just happy to see someone that young with all these



(Staff photo by JOHN FRESSE)

Brent Sobol, center, speaks about the work involved in competing for the congressional award. He is flanked by Granite City Mayor Ron Selph, left, and U.S. Rep. Jerry Costello, right, who presented the award to him.

characteristics." As sponsor, Kozielek said, Sobol "relies on me for some advice. A lot of it is common sense. He looks to me as a good friend of the family."

Sobol is now doing an internship at Contemporary Productions in St. Louis, and eventually wants to work in special event production and as an entertainment agent.

## BPW offers 2 scholarships

Again this year, the Granite City Business and Professional Women has available two scholarships for women who are interested in furthering their career or education.

The Verna Lengyel Scholarship is offered to a BPW member who wishes to further her education in the field of her choice and shows financial need. She must also agree to remain a member of BPW for two years. The scholarship is \$1,000.

The Granite City BPW Scholarship is available to any working woman (full or part time). Applicants for this scholarship are not required to be a BPW member but must reside in the local area: Granite City, Madison, Venice, Pontoon Beach or Mitchell.

The scholarship is \$1,000. Applicants for either award will submit a resume which includes the following:

✓ Name of the scholarship for which she is applying;

✓ Name of the college or

university where enrolled, including the name, address and telephone number of the admissions director (funds are sent directly to the school);

✓ Social Security number; ✓ Career objectives and goals, including how the scholarship will facilitate attainment of the goals;

✓ Name and address of employers, including dates of employment;

✓ Letters of reference from three persons unrelated to applicant; and

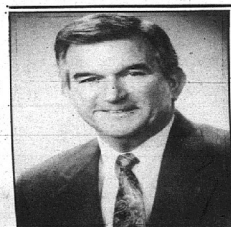
✓ A current financial statement.

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## Free motorcycle classes slated

Free motorcycle courses will be offered at Lewis and Clark Community College in Godfrey beginning April 12. For registration or further information on the Motorcycle Rider Program, contact Southern Illinois University at Carbondale toll free at 1-800-642-9589.



Butch Peterson

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## Obituaries

## Robert Mueller

Robert R. Mueller, 55, of Valmeyer died Sunday, April 7, 1996, at St. Clement Hospital in Red Bud. He was born Aug. 4, 1940, in East St. Louis.

A bus driver and custodian with the Valmeyer School District, he was a member of St. John United Church of Christ in Valmeyer.

Survivors include his wife, Donna D. (Cox) Mueller; one son, Rodney Mueller of Fullis; four daughters, Robin Schelbe

of Waterloo, Toni Whipple of Evansville, Ind., and Julie and Susie Mueller, both at home; two sisters, Carol A. Hoffmann of Waterloo and Mary L. Asselmeier of Columbia; one half sister, Millie Eichelmann of Waterloo; four stepdaughters, Dorothy Nabers of Valmeyer, Patsey Roeber and Jacquelyn Wood, both of St. Louis, and Carol Woodcock of Waterloo; and several grandchildren.

He was preceded in death by his parents, Raymond R. Mueller and Alice (Kuergele) Hoffmann; and two stepfathers,

Erwin G. Mueller and Armin C. Hoffmann.

Visitation is from 8 to 10 a.m. today, Wednesday, at Guernsey Funeral Home, 800 S. Market St. in Waterloo, where services are at 10 a.m. today with the Rev. David Riebeling officiating. Burial will be in St. John Cemetery in Valmeyer. Memorials are requested for the St. John Recovery Fund, St. John Organ Fund or the Valmeyer Music (curtain) Fund.

## Edna Andrews

Edna Ellen (Holman) Andrews, 83, of Madison died at 6:42 a.m. Thursday, April 4, 1996, at St. Elizabeth Medical Center. She was born in St. Louis and had been a lifelong resident of Madison.

A homemaker, she was a member of Bethel African Methodist Episcopal Church in Madison.

Survivors include her husband, Clarence Andrews; one son, Jon Andrews of Madison; three daughters, Elizabeth Daniels and Ellen Andrews, both of Madison, and Beulah Sims of Lebanon; two sisters, Beulah Williams of Madison and Gladys Shaw of Edwardsville; and 12 grandchildren.

Services were Tuesday at Bethel African Methodist Episcopal Church in Madison with the Rev. John G. Owens officiating. Burial was in Jefferson Barracks National Cemetery in St. Louis County.

Arrangements were handled by Nash Funeral Home in East St. Louis.

## Eula Myers

Eula A. (Shelton) Myers, 84, of Granite City died at 11:05 a.m. Friday, April 5, 1996, at

Colonial Care Center in Granite City after being ill for more than two months. She was born July 6, 1911, in Lutesville, Mo., and had been a resident of Granite City for 56 years.

A homemaker, she was a former librarian at Granite City High School and a cook and teacher in Lutesville prior to her retirement.

Mrs. Myers was a member of Niedringhaus United Methodist Church in Granite City, where she was part of the Sarah Circle; North Hope Chapter 432 Order of the Eastern Star; Juanita Rebekah Lodge 477 and the American Association of Retired Persons Granite City Chapter.

Survivors include her husband, Clyde O. Myers, whom she married Jan. 8, 1931; one son, Carl "Corky" Myers of Volcano, Hawaii; two daughters, Wanda Billa of Buena Park, Calif., and Mary K. Gresham of Granite City; one brother, Earl Shelton of Memphis, Tenn.; one sister, Beulah Boyd of Pueblo, Colo.; seven grandchildren; and six great-grandchildren.

She was preceded in death by her parents, Frederick and Orpha (Thurston) Shelton; and one brother, Wilbur Shelton.

Services were Monday at Niedringhaus United Methodist Church in Granite City with the Rev. Bruce Rushing officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon. Arrangements were handled by Irwin Chapel in Granite City.

Memorials are requested for Niedringhaus United Methodist Church.

## Robert Shipley

Robert C. Shipley, 62, of Staunton, formerly of Granite City, died at 6:35 a.m. Saturday, April 6, 1996, at St. Elizabeth Medical Center, following a one-year illness.

He was preceded in death by his parents, James F. Judge Sr. and Alice (Johnson) Judge; one brother, who died in infancy; and one sister, Marie Robinson. Services were Tuesday at First Baptist Church in Edwardsville with the Rev. J.R. Heikes officiating. Burial was in Valley View Cemetery in Edwardsville. Arrangements were handled by Mateer Funeral Home in Edwardsville. Memorials are requested for (See OBITUARIES, Page 9A)

Born May 15, 1933, in St. Louis, he had been a resident of Granite City for 26 years prior to moving to Staunton 15 years ago.

Mr. Shipley was an interior decorator with Dillard's Department Store in St. Louis for 26 years prior to his retirement in 1989.

Survivors include his wife, Patricia (Ryan) Shipley; two sons, Robert J. and Thomas M. Shipley, both of Granite City; one brother, Virgil Kenkel of Crystal City, Mo.; and seven grandchildren.

He was preceded in death by his mother, Wilma Shipley.

Services were Tuesday at Davis Funeral Home in Granite City with the Rev. Thomas Wiese officiating. Burial was in St. John Cemetery, Maryville Road in Granite City.

Memorials are requested for the Hospice of Madison County.

## M. Arnold Judge

M. Arnold Judge, 81, of Edwardsville died at 3:24 a.m. Saturday, April 6, 1996, in Edwardsville. He was born March 29, 1915, in Grayville, Ill.

Owner and operator of Judge's Dairy Bar in Glen Carbon for 18 years prior to his retirement in 1976, he was a member of First Baptist Church in Edwardsville, where he served as deacon, trustee and moderator. He was a member of the Senior Citizens Services and the CCC Camp.

Survivors include his wife, Josephine (Augsburger) Judge, whom he married May 15, 1937, in Collinsville; two sons, Bill Judge of Granite City and Keith Judge of Katy, Texas; one daughter, Janice Wilson of Alto Pass; two sisters, Alma Dennis of Indianapolis and Helen Seybold of Evansville, Ind.; eight grandchildren; and 11 great-grandchildren.

He was preceded in death by his parents, James F. Judge Sr. and Alice (Johnson) Judge; one brother, who died in infancy; and one sister, Marie Robinson.

Services were Tuesday at First Baptist Church in Edwardsville with the Rev. J.R. Heikes officiating. Burial was in Valley View Cemetery in Edwardsville. Arrangements were handled by Mateer Funeral Home in Edwardsville. Memorials are requested for (See OBITUARIES, Page 9A)

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# Student loan defaults may cost beauty college

A push by the U.S. Department of Education against schools with high student loan default rates is working, but school officials think the pressure is misplaced.

"It's the most unfair thing I've ever heard of in my whole life," said Alvareita Giles of Alvareita's College of Cosmetology with schools in Edwardsville and Godfrey.

"We have less students than anyone else. When we have 20 students and three or four default on their loans, it really hurts the college."

— Alvareita Giles  
College official

The Education Department recently named 519 schools that may be dropped from one or more federal student aid programs because of excessive default rates.

Some 432 schools could be kicked out of the Federal Family Education Loan Program because their default rate was 25 percent or higher three years in a row. Schools with default rates of 40 percent or higher, which number 222, are in danger of being restricted or terminated from all federal student aid programs.

The only area school on the list in the area is Trend Beauty College, 6 Eastgate Plaza in East Alton.

According to department statistics, Trend's student loan default rate was 52.9 percent in 1991, 54.1 percent in 1992 and 58.3 percent in 1993.

Trend is owned by H.D. Allen of DuQuoin, who also owns DuQuoin Beauty College and a Trend Beauty College in Marion.

Allen said the school is appealing the ruling. "They're not going to knock out financial aid other than the (federal) loan program," Allen said.

He said the school made 30 loans years ago but none in three years.

"It's an impossible situation," Allen said, claiming the government is recounting the same students. Students can finance Trend classes with Pell grants, Perkins loans and scholarships.

"Our default rate is reduced substantially," Allen said. He said in the past the school could not find out when students weren't making

payments but now they are notified when they default, about three months late in payments. Other 1993 default rates included:  
Alvareita's, 24.3 percent in Godfrey and 20.9 percent in Edwardsville  
Lewis and Clark Community College, 18.1 percent  
Southern Illinois University at Edwardsville, 8.8 percent.

Giles said students find they do not like the trade or drop out for other reasons.

"They hold us responsible for the dropouts; they hold us responsible for the defaults. How do we know someone is going to default?"

Giles mails letters to students who are behind in their loan payments and tries to help work out payment arrangements. She tells incoming students not to borrow if they don't have to.

Students borrowing money to go to LCCC also receive counseling, plus career counseling to help find jobs after graduation.

LCCC financial aid director John Swapp agreed students, not schools, should be penalized for defaulting on loans.

"They are concerned about the high default cost to the government and taxpayers," Swapp said. "The default percent doesn't tell anything about the cost. An 18 percent default rate at

Lewis and Clark might only represent \$100,000. At Washington University or St. Louis University, a default rate of 7 or 8 percent, we're talking about millions of dollars."

"It is easier to go after a small number of schools than all the students," Swapp said. U.S. Department spokeswoman Jane Glickman said rationale of holding schools accountable for loan defaults is based on quality of education.

"The idea is schools keep turning out students who can't pay their loans. They likely

are not providing an education leading to jobs so students can't pay off their loans," Glickman said.

Giles disagrees that defaulters are a reflection on program quality. Her school in Edwardsville has turned out graduates since 1965 — and since 1984 in Godfrey — who are doing well as beauticians, she said.

"We've had a lot of successful graduates," — From The Telegraph

## Join us for some Healthy Conversation with Kevin Baumer, M.D.

### PROGRAM

Healthy Conversation provides an opportunity for you to talk with a medical specialist about various health and wellness issues that affect you.

Dr. Baumer, an orthopedic surgeon, will discuss knee pain.

### DATE, TIME, PLACE

Monday, April 15, 1996  
7 to 8:30 p.m.  
Memorial Hospital Auditorium

### INFORMATION

Attendance is limited to 35 people. Advance registration is required; reservations can be made by calling Memorial's Community Relations Department at 257-5649.



**MEMORIAL HOSPITAL**  
4500 Memorial Drive  
Belleville, Illinois 62223

## School success targeted

By Barbara Ponder  
Staff writer

All parents can help their children with homework, even if they don't know the answers.

According to Jerry Bronstein of the Parent Education Project, parents can learn specific strategies to help their children get better grades. These include understanding and developing a child's learning skills, providing a proper environment for studying and building a positive relationship with teachers.

The Parent Education Project and 24 local school districts are hosting Partners in Parenting, a series of free video-based workshops.

The workshops will be 10:30 a.m. to 12:30 p.m. on five consecutive Saturdays at the school districts' facilities, beginning April 13.

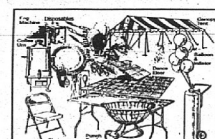
Each school district is providing trained leaders to facilitate the workshops, which use video programs developed by

Michael H. Popkin, a nationally recognized expert in parenting.

The April 13 workshop is for parents of children ages 4 through 14 and focuses on "Helping Your Child Succeed in School."

Partners in Parenting is sponsored by KSDK-TV (Channel 5), KVKY-FM (98.1), the Suburban Journals, Cardinal Glennon Children's Hospital and Roosevelt Bank.

For information, including workshop location, or to register, call 534-5504.



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# Shoulders

A free community  
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Thursday, April 25, 7 p.m.

Registration is required by calling 234-2120, ext. 1575.

"Diagnosis and Treatment Options for Shoulder Problems"  
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Stephen Kappel, M.D. and William Simmons, M.D.

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For more information about St. Elizabeth's Hospital visit us online at <http://www.apci.net/~st-el/> or on the World Wide Web.



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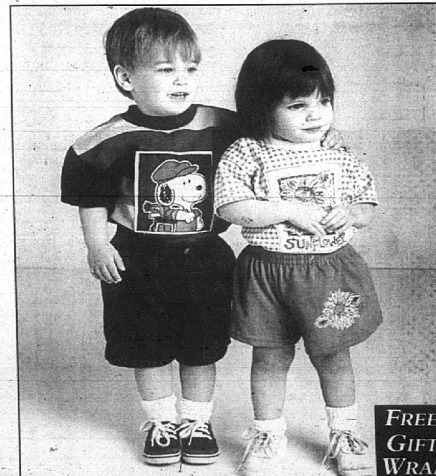
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## Redbird Express begins operations

Madison County Transit District's Redbird Express Service for the 1996 St. Louis Cardinals Baseball season began operation this week with the Cardinals home opener Monday night.

Redbird Express service will operate from the Alton-Wood River, Granite City, Edwardsville-Collinsville and Highland-Troy areas to all Friday, Saturday, Sunday and holiday home games, day games and the April 8 opening game at Busch Stadium.

The Alton Express stops at Alton Square, Holiday Inn, Eastgate Plaza, Wood River and at the Granite City Transfer Center.

The Edwardsville Express stops at Second and High, Cottonwood Mall, the Maryville

IDOT Park-n-Ride lot and at the Gateway Convention Center.

The Highland Express stops at the Knights of Columbus Park-n-Ride, Broadway and Deal, St. Jacob Park-n-Ride lot, the Troy Park-n-Ride lot and the Gateway Convention Center.

Tickets for the service can be purchased when boarding. A round trip fair for adult passengers 13 and older is \$3 and a round trip fare for children 12 and younger is \$1.50.

Monthly passes, weekly passes, commuter tickets and student tickets will not be accepted for Redbird Express service.

For more information on Redbird Express service or MetroLink, call Bi-State's 24-hour hotline at 482-8200.

## Put Your Hands In Mine

Hand injuries can be painful and may involve the loss of function. Early examination and diagnosis, as well as a complete treatment plan may relieve pain and can restore hand function. Arthritis, degenerative processes, nerve problems and overuse syndromes, as well as fractures and sprains are among the things that can cause pain and discomfort in the upper extremities - hand, wrist, shoulder and elbow.

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### Services include:

Examination by Harvey L. Miry, M.D., a fellowship-trained orthopedic hand surgeon. Also may include x-rays and physical therapy as well as other ancillary services.

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Fees are charged according to services received. Belleville Orthopedic Surgeons Ltd. is a Medicare provider and insurance billing will be handled for you by the BOS staff.



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### Date, Time, Place:

Friday, April 19, 1996  
1 to 3 p.m.

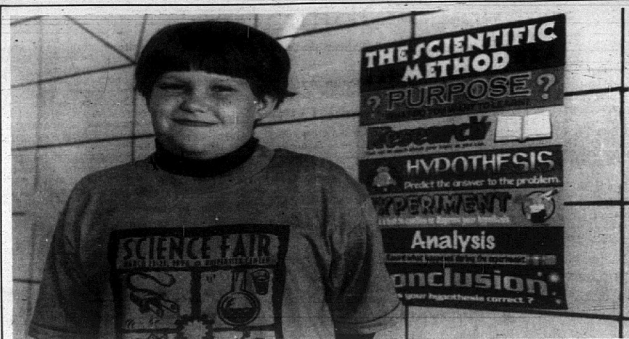
Memorial Physical Therapy  
Center - Collinsville  
531 Vandalia, Collinsville, Illinois

### Information:

Examinations are by appointment only and physician referral is not required. For your convenience, a copy of your HAND/UPPER EXTREMITY SERVICE evaluation report will be sent to your physician. For an appointment, call (618) 235-2900.



MEMORIAL HOSPITAL  
4500 Memorial Drive  
Belleville, Illinois 62223



(Staff photo by JOHN FRESE)

**Winner** — Kelly Barton, a fourth grader at Harris Elementary School in Madison, was a first place winner in the countywide science fair held at Southern Illinois University in Edwardsville. Her project, inspired by the concept of global warming, was to determine how the retention of heat in moisture can raise temperatures. Barton placed two cups of water in the sun, with one of them covered by a larger glass. She then measured the temperature, discovering that the water in the covered cup was warmer, upholding her hypothesis.

## Botanical Garden offers help

## Gardening advice now at your fingertips

To help your garden grow, gardening advice from the Missouri Botanical Garden in St. Louis is growing as well.

Services now available include a 24-hour horticulture hot line called HortLine, a "Plant Doctor" service, a Master Gardener answering service and several new computerized gardening programs.

And best of all, the advice is available at no cost. "We're giving our best minds to this and it's free to the public," said Delle Willett for the service.

"These services represent an enormous amount of time and effort by people with a Ph.D. after their name," she said. "It's part of our mission of educating people, not just in gardening but in ecology."

HortLine, a help line for home gardeners, has more than 300 gardening messages specifically tailored to Midwest gardening. Topics run the gamut from azaleas to zoysia, with things like moles and slugs in between. The help line can be accessed 24 hours a day with a touch-tone phone.

"Demand has been so great we're putting in a whole bunch of new phone lines," Willett said. The service may not work with cellular phones.

Other services at the Kemper Center for Home Gardening at the botanical garden

include a Plant Doctor clinic open Monday through Saturday from 10 a.m. to noon and 1 p.m. to 3 p.m.

At the clinic, master gardeners diagnose and prescribe treatment for ailing plants.

A Horticultural Answer Service is staffed by master gardeners from 9 a.m. to noon Monday through Friday. Gardeners can visit the Kemper Garden Center in person to ask their gardening questions or call the service at (314) 577-5143.

Two new services at the center let gardeners use computers there to call up the right answer.

To use HortLine, call (314) 776-5522 from a touch-tone phone and listen for the choices of prompts: 2 for Timely Tips, 3 for Plants in Bloom, 4 to speak with a master gardener, and 5 to obtain a HortLine brochure with a list of topics available. A brochure also may be obtained by calling the Kemper Center at (314) 577-9441.

The Missouri Botanical Garden, 4344 Shaw Blvd., St. Louis, is open from 9 a.m. to 5 p.m. General admission to the entire garden is \$3 for ages 13 through 64, \$1.50 for people 65 and older, and free to children 12 and younger. There is free parking on the premises.

For more information, call (314) 577-9400. — From The Telegraph

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re-hab-i-litate v.—to restore or bring to a condition of health or; to restore to a former capacity. See St. Elizabeth's Hospital Comprehensive Medical Rehabilitation Unit.

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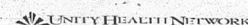
St. Elizabeth's Hospital  
of Belleville



\*Certification by the Commission on Accreditation of Rehabilitation Facilities (CARF) means that the hospital has demonstrated compliance with certain standards of quality in services to persons with disabilities.



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## CORRECTION NOTICE

IN THE BEARS ADVERTISING SECTIONS FOR EITHER THURSDAY, APRIL 11, SUNDAY, APRIL 14 AND WEDNESDAY, APRIL 17, THERE IS A PRINTING ERROR. THE RCA DIGITAL SATELLITE SYSTEM, ADVERTISED IS INCORRECTLY IDENTIFIED AS #40414 (MFR. #DS4430RA). IT SHOULD BE #40413 (MFR. #DS3330RA). WE REGRET ANY INCONVENIENCE THIS MAY HAVE CAUSED OUR CUSTOMERS.

## •Obituaries

(Continued from Page 4A)

## First Baptist Church or the Senior Citizens Services.

## Howard Colp

Howard E. Colp, 75, of Granite City died Saturday, April 6, 1996, at St. Elizabeth Medical Center, following a six-year illness. He was born Feb. 21, 1921, in Williamson County, Ill., and had been a resident of Granite City for 25 years.

Employed in the cold mill at Granite City Steel for 33 years, he was a member of the Veterans of Foreign Wars and United Steel Workers of America. He was an Army veteran and of the Baptist faith.

Survivors include his wife,

Merle (Bailey) Colp; two sons, Keith Colp of Pontoon Beach and Dave Borth of Granite City; three daughters, Debbie Graville of Anaheim, Calif., and Jan Romanik and Judy Dutko, both of Granite City; one brother, William Colp of Granite City; three sisters, Lucy Welsh of Blairsville, Ill., Alleen Burch of Granite City and Nathalie Elliott of O'Fallon; and 12 grandchildren.

He was preceded in death by his first wife, Polly Colp, who

died in 1977; his parents, Milton and Cora (Hugline) Colp; three brothers, Phillip, Troy and John Colp; and two sisters, Mabel Lavender and Violet Colp.

Services were Tuesday at Werner Chapel for Funerals in Pontoon Beach with the Rev. Fred Boatright officiating. Burial was in Sunset Hill Memorial Estates in Glen Carbon.

Memorials are requested for the American Cancer Society.

## •Accidents

(Continued from Page 1A)

against Wehrli because of the seriousness of the injuries sustained in one of the accidents.

Wehrli allegedly struck the rear of a 1992 Pontiac Bonneville stopped at the intersection of Pontoon Road and Franklin Avenue, causing the Pontiac to surge forward and strike a third car. The Pontiac was being driven by police officer Jeff Connor and occupied by Connor's wife and three children, according to a police report.

Wehrli allegedly left the scene, continued west on Pontoon Road and struck a 1995 Mitsubishi Eclipse parked in the 2100 block of Pontoon Road.

Witnesses said Wehrli left the scene of that accident and continued westbound on Pontoon Road. His 1985 Ford Mustang swerved into the eastbound lane of Pontoon Road near Primrose Avenue, where it struck a 1987 Oldsmobile head-on, a report states.

Barbara Hayes, 43, the driver of the Oldsmobile; Jonathan Hayes, 12, a passenger in the Oldsmobile; and Wehrli were all taken to St. Elizabeth Medical Center for treatment.

Barbara Hayes sustained broken ribs and a deep cut on her leg, police said.

Wehrli told a police officer he had been drinking, a police report states.

At the hospital, Wehrli took three field sobriety tests and blood was drawn to determine his blood alcohol level, the report states.

## Second part of our tips on Lawn Renovation by the experts at

### FRANK'S NURSERY & CRAFTS

Where Beautiful Things Begin

**L**ast Sunday's column dealt with preparing your property for a new lawn. We finished off where you should start... if that makes sense. It should, though, since today's column deals with starting the lawn from seed or sod.

## Seeding

Once your soil has been properly prepared, sow the seed with a drop-type or hand-held spreader, following the rate on the seed package. Lightly rake the seed into the top quarter-inch of soil.

Here's an important tip. Cover the seeded area with a thin layer of straw. Newly-planted seed must be kept moist at all times, and this layer of straw will help accomplish that. One 50-pound bale of straw will cover approximately 1000 square feet. Try to keep the straw as moist as you possibly can, though. If it dries out, it can blow all over the neighborhood, and it may not make you the most popular person on the block.

The seeded area must be kept moist until the seeds have sprouted. How long? Depends on several factors. The individual package of seed can give you the time to expect. Anyway, seeds that dry out will die, so unless it rains, water the area once or twice a day to keep the ground moist. As the roots become established, gradually decrease the frequency of watering to encourage deep growth.

Once the grass has grown to a height of about 3 inches, it's time to mow. But before you do, make sure your lawn mower blade is sharp. A dull blade can wreak havoc on grass blades, especially young tender ones. Established grass will get ripped rather than sliced by a dull blade, but brand new grass can get pulled right out of the ground. If you don't have the method or know-how to properly sharpen and balance a mower blade, take it to someone who does. You'll be doing your new lawn a big favor.

## Sodding

The area must be prepared in the same way as if you were seeding. Try to have all your ready, willing and able helpers on hand shortly after the sod truck arrives. Rolled-up sod shouldn't be left in the sun for more than a day or two.

Sod must be placed with each edge tightly fitting against the piece adjacent to it. Stagger each row, like you were laying bricks. There should be no creases or overlaps. If a piece is too long, cut it to fit, don't buckle it. And if a piece is too short, don't try to stretch it.

Once the sod's all in place, lightly roll the entire area. This will ensure good sod-soil contact.

Water, water, and water again! New sod needs plenty of water, at least until it's well established. This takes a few weeks. You may notice a strip or two of sod turning yellow after a few days. This may or may not be a problem. Continue to water the area. Many pieces of yellow sod have returned to lead a normal, healthy life. Any strips of sod that don't can easily be replaced.

Sod can be mowed as soon as it needs it, but be careful of corners and edges until the sod becomes established. A sharp blade is essential with sod as well as seed.

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## •Astorian

(Continued from Page 1A)

his dedication and desire to serve the community."

The department became fully computerized during Astorian's tenure as chief.

"The only bad thing I can say is that he left us to go to work for the county," Cruse said.

Current Mayor Ron Selph, himself a former police officer, appointed Astorian to the city's board of fire and police commissioners in May 1993.

"He is one of the most professional law enforcement officers I have worked with in my life," Selph said. "And just look at the improvements in the probation department over the last eight years."

Chief Circuit Judge Nicholas Byron said many programs and improvements were instituted in the probation department under Astorian, including home detention, drug court and sex offender institutes.

Astorian was hired by the police department in May 1962. He was assigned to the detective division the next year and promoted to sergeant in 1974, lieutenant in May 1977 and captain in September 1977. He served as chief of detectives for 5 1/2 years and as assistant chief for six years.

He was the first Granite City police officer to attend the Federal Bureau of Investigation National Academy in Quantico, Va., graduating in June 1979. He also served on the board of directors of the Major Case Squad of Greater St. Louis.

Astorian said working with the Secret Service during a visit by President Jimmy Carter to Granite City High School in 1980 was a highlight of his career.

"But any time I was able to help somebody — that's really what matters," Astorian said.

He recalls one Christmas when he came across a group of people burning tires to keep warm. By making a couple of telephone calls, Astorian was able to get groceries for food and coal for warmth.

"Those are the kinds of things I'll remember," Astorian said. His immediate plans are to relax and go fishing, he said.

"I'm not sure what else I'll be doing."

## Group to address Girl Scouts

The Kids on the Block troupe will be addressing 200 Girl Scouts ages 6 to 17 on Saturday, April 13, at the Belleville Area College's Granite City Campus, 4950 Maryville Road in Granite City.

The Kids on the Block troupe is composed of disabled and nondisabled life-size puppets. A short puppet show will be presented using these very approachable puppets, after which the adult puppeteers will use the puppets to answer questions from their young audiences.

The Kids on the Block mission Saturday is to talk with the children about diversity and inclusion. Another program, Green Circle, will also be presented to the children.

The Green Circle programs are designed to prepare individuals for life in a diverse society. Both of these programs are being presented to the Girl Scouts in the tri-county area through a generous grant from the Tri-Cities Area United Way. All of these programs are available for presentation to local area school youth groups. Requests for information about the April 13 activity or either of these programs should be directed to the River Bluffs Girl Scout Council at 892-9892. There are openings available for adult volunteers interested in working with the presentation of these programs.

**WIN PRIZES!**

**HUMANE SOCIETY OF MISSOURI'S... it's COOL to be kind to ANIMALS POSTER CONTEST**

Kids if you want to be cool, enter the Humane Society of Missouri's Poster Contest. Draw your favorite animal on a poster and win great prizes from Frank's Nursery & Crafts and the Humane Society of Missouri.

- Winning posters will be featured in the Suburban Journals.
- Winners will appear on KPR-TV's St. Louis 11 Kids Club in June.
- All posters will be displayed at the Humane Society of Missouri's BARK in the PARK on June 9, 1996 at Queeny Park.

## Contest Rules:

1. Posters must feature at least one animal and must be the original work of the entrant.
2. Posters must be 8 1/2" x 11" on a white sheet of paper.
3. The mediums must be limited to paints, watercolors, crayons, colored pencils, markers or dry combination of the previously mentioned. No glitter, fluorescent, metallic, 3-D components, or computerized layout, design and printing can be used.
4. Participants may enter as many times as they wish. Each entry must be accompanied by a completed entry form and the entrant may only win once.
5. Entries must be postmarked by May 11, 1996 or dropped off at the Humane Society of Missouri (1210 Mackland Avenue) by 5:00 p.m. on May 11, 1996.
6. All entries become the property of the Humane Society of Missouri which reserves the right to reproduce, publish or exhibit posters. Posters will be available for pick up at the Humane Society of Missouri's BARK in the PARK from 11:00 a.m. - 4:00 p.m. at Queeny Park on June 9, 1996. No posters will be returned by mail.
7. One winner in each age category (ages 5-7, 8-11, 12-14) will be chosen in each of the seven Suburban Journal publication zones, for a total of twenty-one (21) winners. By entering the contest, winners consent to having their posters displayed at the Humane Society of Missouri and at BARK in the PARK, and also used for other promotional purposes, as well as having their entries reproduced without compensation on note cards and T-shirts to be sold by the Humane Society of Missouri.
8. Employees and families of the Humane Society of Missouri, Suburban Journals, Frank's Nursery & Crafts and KPR-TV's St. Louis 11 Kids Club are not eligible to enter the contest.
9. Contest winners will be notified by Monday, May 20, 1996.

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Entry form information: Name \_\_\_\_\_ Age \_\_\_\_\_ Grade \_\_\_\_\_

Name of Parent or Guardian \_\_\_\_\_

School \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_ (Evening) \_\_\_\_\_

Do you have a pet? Yes ☐ No ☐

Pet's Name \_\_\_\_\_

Type of Pet \_\_\_\_\_ Pet's Age \_\_\_\_\_

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St. Louis, Missouri 63110

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## Horoscope

**Wednesday, April 10**  
The moon continues in Capricorn, but now Mercury, transmitter of factual information, has moved into the stalwart sign of Taurus. People will be more reliable and less swayed by emotions. Profits soar when you offer clients new services or less-expensive products. If you are owed money, resend your bills as a reminder. Success goes to teachers and unions. A flawed relationship can be fixed.

**ARIES (March 21-April 19)**  
Hardships end when you refuse to give in on one single point. Be logical — even in love. Aquarians are helpful. Be precise when giving baby-sitters instructions. Show class, not anger, with your lover.

**TAURUS (April 20-May 20)**  
Overall financial luck is yours. Windfalls come from past work. Start a business. New co-workers become friends who can boost your career. Voice your opinions — powerful people agree with you.

**GEMINI (May 21-June 21)**  
Cooperate. Relatives and kids become more independent. You need variety in your life look for it in a new career. Stop being so defensive about a fault — others sense your vulnerability.

**CANCER (June 22-July 22)**  
New workers turn to you — this could be the beginning of your power base. Family opposition ends. A new love is definitely marriage material. Enter contests. Friends pay off. Others reassess their positions.

## Joyce Jillson

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**LEO (July 23-Aug. 22)**  
You are being manipulated. Recognize the harm a negative person can do. A transfer or working a new shift is lucky. Financial security is closer than you know. Partial measures only anger your lover.

**TODAY'S BIRTHDAY (April 10)**  
Social success leads to other grand accomplishments. Financial coups come when you dump current investment strategies. Family members share their resources in June. Travel for love in July. Feuds end in August, renewing intimacy. Love a Taurus or Libra who is new in your life. Career shifts, bonuses and raises arrive in October. Several moves are possible. Overall luck in November is yours.

**VIRGO (Aug. 23-Sept. 22)**  
Acknowledge help. Be forthright about asking for a favor. Finalize financial plans or things will get too complicated. Travel to see important people. Be generous to your love — this person is in for the long haul.

**LIBRA (Sept. 23-Oct. 23)**  
Concede a small point and you'll get a much larger compromise. Back off from loans — reassess your needs. Re-examine all contracts. Things are more favorable than you thought. Neighbors are a great support system.

**SCORPIO (Oct. 24-Nov. 21)**  
A harmless question makes a partner angry. Don't assume anything. Romance with a boss brings you future heartbreak. Tackle large projects. Demand better service.

**SAGITTARIUS (Nov. 22-Dec. 21)**  
Go out of your way to expand your duties — you'll benefit emotionally and financially. Reduce stress by exercise or talking with people with similar problems. You have luck with music. Concern over a parent lessens.

**CAPRICORN (Dec. 22-Jan. 19)**  
Set a target or change your habits. You need deadlines. Former employers rehire you at twice the salary. A current love is trustworthy. Success comes when you put your ideas in writing.

**AQUARIUS (Jan. 20-Feb. 18)**  
Dazzling offers, dates or new opportunities keep you from important obligations. Other Aquarians are skeptical. Be consistent in financial matters. Do the hard but right thing — look at the long view.

**PISCES (Feb. 19-March 20)**  
Strengthen your position at work by doing things on spec. You are ambivalent about an overly dependent love. Others try to rely on you for work. Take a firm stance with youngsters.

## SIUE to offer free motorcycle courses

Free motorcycle courses will be offered at Southern Illinois University at Edwardsville beginning April 19.

Course 3 is Friday, April 19 from 6-9:30 p.m.; Saturday and Sunday, April 20-21, from 8 a.m. to 6 p.m.

Course 4 is Friday, April 26 from 6-9:30 p.m.; Saturday and Sunday, April 27-28, from 8 a.m. to 6 p.m.

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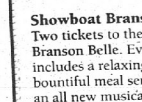
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**The Grand Palace** - Two tickets to Branson's Biggest Variety Show - the "All New Legends in Concert" at The Grand Palace theatre. From the likes of Tom Jones and Judy Garland to Roy Orbison and Dolly Parton, it's a two hour sensational salute to the superstars filled with music, comedy and best of all variety! Don't miss 12 Legends on one super charged stage all in one unforgettable evening of entertainment.



**Silver Dollar City** - Two tickets to Silver Dollar City. We bring the fun of the past to life with over 50 sensational daily shows, 100 authentic pioneer craftsmen, 60 unique shops and 10 rip-roaring rides, all nestled in the heart of the Ozark Mountains. The fun just keeps getting bigger with five fantastical festivals, including summer's ALL NEW Children's Festival starring Nickelodeons!



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**The Grand Village** - \$100 shopping spree at The Grand Village - Branson's Best Shopping Spot filled with 26 one-of-a-kind specialty shops and two terrific eateries all nestled in a beautiful village setting.

**Enter and Win Today!** 3 lucky winners will experience the excitement of Branson's Best Attractions. Entry deadline April 22, 1996.

1. Mail entries by April 22 to: Suburban Journal Branson Passport Contest/1714 Deer Tracks Trail/St. Louis, MO 63131.  
2. Winner will be selected through a random drawing from all contest entries received.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_  
State \_\_\_\_\_ Zip \_\_\_\_\_  
Day Phone \_\_\_\_\_  
Night Phone \_\_\_\_\_

Rule & Regulations: No purchase is necessary. Winners will be drawn at random. Winner must be at least 18 years of age. Employees of the Suburban Journal, their families, and anyone who has won a prize in the past 12 months are not eligible. Only one entry per person. Winner will be contacted by phone or mail one day after drawing. Contest ends Monday, April 22, 1996. Winner must claim their prize at least one week from notification. Sponsor is not responsible for late, lost, or unmailed mail or for printing errors in any advertisement entry form, or the rules.

\*Some Restrictions Apply.

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## •Mussels—

(Continued from Page 1A)

Lakes in ballast water from ocean-going vessels. They began showing up in large numbers in area rivers and streams in the late 1980s.

Record flooding in 1993 caused a population explosion of the striped bivalves, which were seen hanging from trees, buildings and any other surface covered by floodwaters.

Several factors make survival difficult for zebra mussels

in the waters of the Midwest. High levels of sediment in the rivers from riverside farming and construction as well as seasonally high water temperatures both work against the mollusks, which are native to the icy Baltic Sea.

"It looks like they just are not well adapted to the Illinois River's normal conditions," Blodgett said. "We think they evolved in a lake environment, which doesn't move as much sediments."

Zebra mussels feed by filter-

ing food particles out of the water. The more sediment in the water, the harder the animals have to work to get enough food to survive, Blodgett said.

"If they have to deal with a lot of dirt in the water, it takes more time and more energy to sort the bad stuff from the good stuff as they search for food," he said.

Illinois River water samples once showed more than 70 million zebra mussel larvae per second floating downstream near Havana. Testing in October showed those numbers have decreased significantly.

"They're on thin ice," Blodgett said. Fisheries biologist Fred Cronin (cq) said his studies of the Mississippi River have shown the number of zebra mussels going up but not as quickly as they did on the Illinois River in 1993.

"They do appear to be on that increase in Mississippi," said Cronin, who works at the survey's Alton office. "We saw more last summer than we had ever seen."

Although diving ducks and some fish such as freshwater drum and carp gorge on the pesky mussels, "there are not enough natural predators to do any thing," Blodgett said.

Chlorine has been successful in checking the zebra mussel populations in controlled areas such as water treatment facilities, but Blodgett said he's still looking for a "silver bullet" that will work in a river system.

"We don't have a viable control technology in the environment," he said. "Chlorine kills zebra, but it kills everything else, too."

Blodgett said even if zebra mussels don't die off altogether, he is hopeful that neither river will experience a repeat of the '93 population boom.

— From The Telegraph

## •Center

(Continued from Page 1A)

Klein of Collinsville.

Klein, a founding member of the agency and a former board member, did not return telephone calls from Telegraph reporters.

Former employees of the agency claim board nepotism that has existed since the agency opened in June 1994 is the direct cause of massive turnover of the agency's staff and other board members.

Current nepotism is jeopardizing service to clients, the former workers have said.

The agency's newly named executive director, Margaret St. Clair, of Edwardsville, declined to comment about the allegations.

St. Clair also said she did not believe comment about the board would discuss the issues with The Telegraph.

"I just can't comment on that," she said. "We're providing the services and that is all I can say."

Edwardsville resident Mary Watkins, a former board member, said last month that she resigned in October for numerous reasons, including nepotism and the alleged act of discrimination.

"As Harry Truman used to say, 'The buck stops here,'" Watkins said. "I have always thought that means accountability. Where is the accountability of Sexual Assault Victims First? Where is the accountability of the Illinois Coalition Against Sexual Assault?"

Watkins served on the board for a year, including five months as its vice president.

"My reasons for resignation include what has been recently printed in the media and a confidentiality issue which I can not disclose without injury to clients," she said. "With my resignation, my accountability to (Victims First) and the workings of this agency is over."

The agency's former advocacy coordinator, Maggie Corbin of Glen Carbon, and former volunteer Frankie Graham of Troy, claim the board is destroying the agency. The women were fired by the board in February along with St. Clair.

Graham said she believes she was fired after she filed a grievance concerning an act of alleged racial discrimination.

by the agency. Corbin and St. Clair said they believe they were fired, in part, because they both refused to fire Graham.

Corbin, the agency's fourth advocacy coordinator in less than two years, said the agency has at times been governed by neutral board members.

"The problem is they never stay," Corbin said. "Once they realize what is happening, they resign."

Board president Rebecca Carr has declined to comment on the terminations of St. Clair and Corbin and previously claimed Graham was fired because she was not a team player.

— From The Telegraph

## •Water

(Continued from Page 1A)

were the Illinois Farm Bureau, the Illinois Municipal League, the Illinois Realtors Association and the Illinois Association of Drainage Districts.

Worden said all the groups want to maximize their clout in the administration of storm water control efforts. He said Realtors and homebuilders oppose additional fees on property owners for projects that would benefit a specific area.

"Our bill is a compromise," he said. "They all want the legal organizational structure stacked in their favor. The problem is too large, too vast and too expensive to submit to the parochial interests of one organization."

Dave Rahe, leader of the Watershed Planning Team, said local affiliates of the organizations either support the committee's effort or have taken a neutral position.

Committee member Nick Hamilton of Glen Carbon said Stephens asked the committee to seek a compromise with the interest groups but they seem unwilling to compromise.

"We can't give them everything they want," he said. "If we do, we don't have anything left."

— From The Telegraph

## •Facility

(Continued from Page 1A)

a decision on a location for its St. Louis operations would be announced soon.

The Coast Guard had announced it would move its Base St. Louis operations to the Price Center, but in October decided to rethink that after bids "greatly exceeded" the original cost estimates.

Groundbreaking was originally to have been in August, with operations beginning in September 1996. Ninety Coast Guard personnel were scheduled to move to Price.

The Coast Guard had decided in 1994 to move the base from St. Louis after it was damaged in the 1993 flood.

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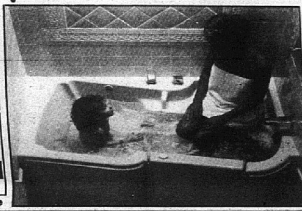
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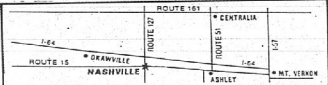
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Wednesday

Granite City Journal

# Sports

April 10, 1996—Page 1B

## THIS WEEK'S TEAM

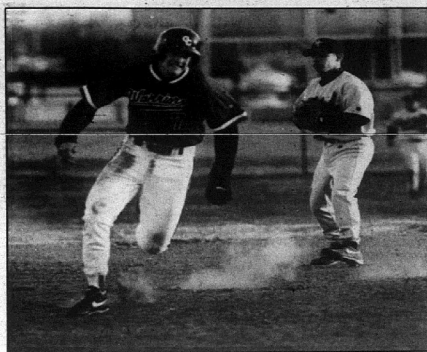
The 2&A Sonics won the Parkway Basketball League 12-and-under A Division.

Page 4B

## FOOTBALL

Larry Betz is named Belleville West's head coach.

Page 4B



(Staff photo by JOHN FRESE)

Rocky Smith runs for third after a ground ball got past the Moline infield during a game last month.

## Warrior pitching makes the game

Defense, hitting also combining to make fine baseball team

By Rob Raphael  
Staff writer

The Granite City Warrior baseball team is showing that it is ready for the meat part of the Southwestern Conference schedule.

After wins against Alton last Thursday and Mt. Vernon on Friday, the Warriors stand at 6-1 overall. All indications are the Warriors are developing into a fine baseball team.

Their pitching has been outstanding, the defense solid and the hitting timely.

"I've always said that pitching and defense will keep you in a ballgame," said GCHS coach Gus Lignoul. "Friday's game proved that point."

In Friday's contest, Mt. Vernon took a 1-0 lead on a well-executed squeeze play, and had top-notch pitcher Chris Bernard — 19-4 in his prep career before Friday — on the

hill. But Bernard made the mistake of walking the first two Warriors in an inning, and after a base hit and a sacrifice fly the Warriors scored their first run.

The second run then came on a throwing error, and the Warriors escaped with a 2-1 victory.

"THAT'S A PERFECT example of what can happen," said Lignoul. "We're fortunate we got that win against a good team. We beat a good pitcher."

The defense and hitting have been integral parts of the mix so far, but the pitching — it's been fantastic, and the reason the Warriors have been in everyone of their games.

Seniors Justin Bettorf and Bill Niepert have been tremendous, and Mike Ahlvers and Dustin Brewer have been the

other top hurlers so far. Jeremy Hoback, who will be counted on heavily this year, hasn't even had the chance to pitch yet.

"I still have a few kids who haven't thrown a lot," Lignoul said. "These guys can throw; it's just that the pitching's been so good."

Niepert leads the staff with a 3-0 record, and Ahlvers, Bettorf and Brewer have also picked up wins.

Niepert was very good against Alton, giving up four hits and striking out six, and Bettorf shut down Mt. Vernon, with 11 strikeouts while surrendering just four hits. Against two very good teams, Warrior pitchers struck out 20 while walking three and giving up zero earned runs.

Before the Alton game, Brewer pitched 4 2/3 innings of shutout ball against CBC in a game the Warriors won 4-3 in

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Never give up

## West's Dick Hood fights paralysis with same attitude he taught players

By Scott Marion  
Staff writer

As a football coach, Dick Hood always taught his players never to give up, no matter what odds they were facing. That same positive attitude is helping Hood now as he fights the toughest battle of his life.

The 53-year-old Hood — Belleville West's head coach since 1990 — was paralyzed Sept. 14 in an accident on the Maroon practice field. Longtime assistant Larry Betz was recently named as head coach for next season, but Hood hopes to return to the sidelines by 1997.

"I've made some progress, slow but steady," said Hood, who spent 13 years as head coach at Rantoul High School before coming to West. "I never believed I couldn't do it, even when the injury was diagnosed. I always felt I could recover, but the big thing is you don't know the time frame."

"I was very excited March 14 when I stood and took two steps, because it was six months to the day from the accident."

It made me think I could move along a little faster, but the reality of it is that it will probably take close to two years."

After the injury, Hood was hospitalized in St. Louis for four months and three weeks.

"I was at St. Luke's (Hospital) for the first six weeks because that's where my neurosurgeon was," said Hood, who was named to the Illinois High School Football Coaches Association Hall of Fame in 1993. "Then I went to St. John's (Mercy Medical Center) for therapy, which is what I needed at the time. I had it for four and a half hours a day; two hours of occupational therapy, two hours of physical therapy and a half hour of aqua (water) therapy."

"While I was in St. Louis, the feeling in my arms and shoulders came back to a

degree, but I still don't have the feeling I need in my arms, shoulders, chest and back. I can't distinguish the difference

between hot and cold or wet and dry. I can feel pain sometimes if they stick me with a pin, but it's not always 100 percent right. But the physical therapy didn't discourage me; it just made me more determined."

"When I left St. Luke's, I was pretty much on an upward wing. Then I hit a plateau which to last about three weeks, but I worked my way through it. There were times when I thought 'Am I going to get any better than this?' but I still took advantage of the time allotted to me."

Until the accident, Hood's wife, Linda, still lived and taught first-graders in

(See HOOD, Page 3B)



(Staff photo by SCOTT MARION)

Dick Hood has 'never stopped believing I'm going to be 100 percent.'

## Griffith-Joyner suffers seizure on way to meet

By Rob Raphael  
Staff writer

For a while, things got a little scary, but in the end everything went fine last weekend during the Fourth Annual Jackie Joyner-Kersey East St. Louis Relays.

The meet itself went off without a hitch, although the conditions were cool and breezy.

The only problem arose when Florence Griffith-Joyner, one of several Olympic athletes who joined Joyner-Kersey for the weekend's festivities, suffered a seizure on the plane trip into St. Louis.

But on Friday, she was "resting comfortably," according to Lincoln coach Nino Fennoy, and there seemed to be no after effects from the episode.

"She's OK, but we were concerned for a while because



(Staff photo by T.L. WITT)

Olympians Jackie Joyner-Kersey (second from left) and Gail Devers (second from right) pose with some of the relay's competitors.

## Chicago Morgan Park edges East St. Louis in JJK Relays

By Rob Raphael  
Staff writer

Chicago Morgan Park finished off a great weekend for East St. Louis with a great day of its own, as the Lady Mustangs dominated the sprint and middle-distance events en route to the school's second consecutive JJK Relays win.

Morgan Park won two events and placed second in four to score 73 points, just ahead of hometown favorite Lincoln (68) in the Fourth Annual Jackie Joyner-Kersey East St. Louis Relays at Clyde Jordan Stadium.

Naperville Central placed third, just behind the Tigerettes with 68 points, and Indiana champions Lew Wallace placed fourth overall with 53 points.

Other local schools which scored were 14th-place Granite

City with 14 points; Belleville West (12); Cahokia (11); Alton (8); Collinsville (6) and East St. Louis Senior (5).

But in the sprint races, there was no other team close to Morgan Park, which is getting very familiar with doing well at the prestigious event.

"It's always nice to win such a strong meet, with so many excellent schools on hand," said Morgan Park coach Derrick Calhoun. "We always enjoy coming down here."

Coach (Nino) Fennoy and all of the volunteers do such a great job in running this event.

"And it's always a good weekend when the girls can see and meet so many fine athletes like Jackie Joyner-Kersey and the other great Olympians."

Morgan Park's day was accentuated with a 1-2 finish in the 100-meter dash, as Lady

Mustangs Melinda Gray was first and Melissa Green was second.

Morgan Park's 400-meter relay team also placed first, and the Lady Mustangs had second-place finishes in the 800-meter medley, the 800-meter relay and the sprint medley.

Lincoln was led by Tamiako Crawford, who won the shot put event with a throw of 39 feet 10 1/2 inches.

Fennoy said he knew Morgan Park would be the team to beat, and they showed why.

"We had some good performances by some of our girls, but we've still got to get better," he said. "Hopefully what we did today will help us build. We have to get better."

"I'd say we got the message from Morgan Park. If we want to compete with them at state, we've got to be better."

(See RELAYS, Page 4B)



# IT OUGHTA BE FUN

Kids come to this Sunday's game at 1:15 and get a FREE T-Shirt!

## COCA-COLA/SHOP 'N SAVE T-SHIRT DAY

Featuring: Andy Benes, Ray Lankford & Ron Gant

Sunday, April 14 vs. Philadelphia, 1:15

All fans age 15 and under with paid admission receive a unique Cardinals' T-shirt courtesy of Shop 'n Save and Coca-Cola.

Shop'n Save



## Community Leadership

### M. Patricia Barrett

For M. Patricia Barrett, volunteering her time to community betterment projects is a way of giving back the good things she has received.

"Those of us who have been fortunate to have a number of opportunities need to give something back to the community," said Barrett, vice president for corporate communications at Union Electric Co. and a Woman of Achievement in the area of community leadership.

"I believe leading by example is the best way to get people involved in the community," she said.

She is particularly proud of fellow UE employees for their generous contributions to local agencies over the years. More than a decade ago she started the VIP program to encourage fellow workers to volunteer their time and talents. Through the program, UE has provided hundreds of thousands of dollars to organizations that have UE employees as volunteers.

The \$800 to \$500 a Scout troop or a food pantry gets through the VIP program is certainly a big help to them," she said.

In 1998, Barrett helped create a special \$1 million gift from UE that provided food, shelter, energy assistance and primary child health care for hundreds during the economic recession.

Barrett's background is varied. She was a speech therapist, college admissions counselor, public relations representative and hospital fund-raiser before coming to UE 19 years ago. But one thing has stayed the same for the Webster Groves native now living in Clayton, her commitment to her community.

"There are thousands of opportunities to make the area better, and you can find where your talents can best be used," she said.



## Child Welfare

### Nanci A. Bobrow

Nanci A. Bobrow began her service to the community 20 years ago. Since then she has tirelessly fought for the rights of children.

"I guess I've always had a passion for helping people who could help themselves," said Bobrow, who is being honored as a Woman of Achievement in the area of child welfare.

Bobrow, a licensed psychologist, is married to James C. Bobrow, an ophthalmologist. They live in the Central West End and have two children, Adam, 21, and Emily, 21.

In addition to being a Woman of Achievement, she has been selected as Child Advocate of the Year by the Council on Child Abuse and Neglect in association with the Children for Missouri's Children and the Missouri Childcare Association.

While president of the Missouri Chapter of the National Committee to Prevent Child Abuse, Bobrow received the 1991 Ann Dandurand Award for her efforts in developing conflict resolution curriculum for third graders.

"You teach them different skills and how to get along with one another," Bobrow said of the curriculum. "As you build, you add things about child development, parenting and sensitivity to others. Then you're starting the beginning of preventing abuse."

Bobrow serves on the following boards: National Council of Jewish Women (NCJW) executive committee of the national board, NCJW center for the child advisory board, Legal Advocates for Abused Women, Jewish Community Relations Council, Missouri Task Force on Children's Justice, Court Appointed Special Advocates, St. Louis Crisis Nursery, Jewish Light and the Jewish Food Pantry.



## Cultural Enrichment

### Camilla (Kimmy) Thompson Brauer

Camilla (Kimmy) Thompson Brauer has been chosen as a Woman of Achievement for her outstanding volunteer and fund-raising work.

Brauer resides in Ladue. Her list of involvements is long, but she says she manages to juggle her busy schedule.

"I used to run an interior design business, but my three children were my first priority," Brauer said. "The beauty of volunteer work is that you can set your own hours."

Most of Brauer's efforts revolve around the arts. Brauer was named commissioner of the St. Louis Art Museum in January and is a director of the Sheldon Arts Foundation and the Opera Theatre of St. Louis.

Brauer is also a director on the executive committees of the Missouri Historical Society, the Arts & Education Council, the St. Louis Symphony, the St. Louis Art Museum, the United Way of Greater St. Louis' Alexis de Toussigne Society. Forty-one new members enrolled in the group last year, and revenue increased by \$1 million.

Brauer's husband, Stephen, is president of Hunter Engineering Co. in St. Louis and one of the new owners of the St. Louis Cardinals baseball team. The Brauers have three children, Blackford, Rebecca and Stephen Jr.



## Youth Services

### Barbara L. DeGonia

Eight years ago, Barbara L. DeGonia committed her life to helping abused and neglected children in Jefferson County.

She started out with a small savings account, a desire to help others and an unconditional love of children. She ended up with a 12-bed shelter for girls in Pevely called Kids' House.

A second 12-bed house recently was added, allowing Kids' House to take in boys.

Kids' House, founded in 1990, has touched more than 200 children's lives.

"I think God put me in Jefferson County for this specific reason," DeGonia said. "I think God definitely has his arms around this shelter."

Raised in south St. Louis, DeGonia said she was left with time on her hands after her daughters moved out and the house. She asked workers in the Jefferson County Juvenile Department to recommend a shelter where she could volunteer. Jefferson County, she said, had no such shelters.

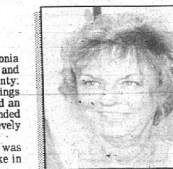
DeGonia set out to build one.

She requested the help of churches, organizations and schools. After enough funds had been raised, she put a down payment on a house.

"It's pretty amazing to watch something that I envisioned, grow and actually surpass anything that I had visualized," she said. "We have been blessed."

DeGonia still volunteers at the shelter, but spends the bulk of her time working with its board in developing programs and raising money.

Children ages 6 to 20 generally are placed at the shelters by the juvenile court system or by the state Division of Family Services.



# Women of Achievement

## Journals, KMOX honor 10 exceptional community volunteers

The Suburban Journals and KMOX-AM (1120) proudly announce the selection of 10 outstanding women who are the 1996 Women of Achievement.

This year's honorees come from all walks of life but all have contributed to the strength and health of the St. Louis metropolitan community.

These outstanding women join 301 other Women of Achievement who have been honored since the program began in 1955.

The awards will be presented to the 1996 winners during a noon luncheon May 8 at the Adams Mark Hotel, Fourth and Chestnut streets.

Reservations for luncheon tickets, which are \$20 per person, may be ordered by sending a check to WOA-Janeice Peltner, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, 63131. The deadline for reservations is May 1.

Seating will be at tables of 10. For those wishing to sit together, reservations and payment for the group should be made at the same time. Those attending the luncheon on behalf of a particular honoree should include the name of the honoree.

The mistress of ceremonies will be Nan Wyatt of KMOX News Talk 1120.

The Women of Achievement honored at last year's luncheon were: Elsie Shemin-Roth, humanitarian concerns; Peggy L. McCombe, social responsibility; Linda A. Fisher, M.D., health; Carlos St. Schnelhorst, community service; Blanche M. Touhill, civic responsibility; Nancy French Kalishman, youth and family; Marjorie R. Smith, education; Dolores B. Malcolm, literacy; Eileen C. Fraunfelder, volunteer service; and Gloria W. White, community betterment.

## Civic Responsibility

### Judith Simms

Judith Simms, 55, assumed the responsibility for continuing the Women of Achievement tradition after the originator of the event, the St. Louis Globe-Democrat, folded in 1986.

The De Solo resident still serves on the board that oversees the nomination process and organizes the awards ceremony.

But she has many other personal achievements as well.

Simms serves on the Christmas in St. Louis board and is heavily involved in the Hope Center of the Salvation Army and the Cameron Youth Chamber Orchestra.

She is also a longtime member of the St. Louis Symphony Orchestra's public relations committee. Simms helped create the orchestra's outreach program for inner-city youth.

"I usually gravitate toward things that benefit women, minorities and children," she said.

That is apparent with her involvement on the board of the Wyman Center and its youth camp for disadvantaged children and in the Coro Foundation, which trains young people for careers in public affairs.

During the week, Simms is director of development and marketing at the St. Louis Public Library.

There, she works to raise funds and public awareness for the library's programs.

She points out that more than 13,000 children in the St. Louis area have benefited from her work in the library's summer-reading program.

Generous with her time, Simms estimates she spends 15 to 20 evenings each month in meetings of various civic and charitable organizations.



## Education

### Bessie Bennett Peabody

Bessie Bennett Peabody has never wanted to work anywhere other than in the East St. Louis School District.

For 34 years Peabody has educated thousands of East St. Louis children and has been honored as the 1996 Woman of Achievement in the category of education.

"East St. Louis has done a lot for me and I just want to give back to the community," Peabody said.

Peabody has been administrative assistant for the entire district since September. She has also served as principal of Kennedy Elementary School for 10 years and as a curriculum supervisor and teacher in the district.

"People would always ask me why my kids were so well-behaved," Peabody said. "I wanted my kids to have pride in their school and when they have pride then they enjoy coming to school."

One of Peabody's accomplishments at Kennedy was creating the No Fight Schoolwide Education program that teaches children how to positively solve their conflicts.

Peabody's education work is not limited to children. She has created several adult literacy programs for the East St. Louis community.

Peabody is also on the board of the St. Clair County Mental Health Center and the St. Clair County Teachers Credit Union.



## Health Education

### Evelyn A. Cohen

Community service and education are what drive Evelyn A. Cohen.

Cohen, 59, of Clayton, is the 1996 Women of Achievement in the health education category. She is vice president of Doorways, an interfaith program that assists people with AIDS.

"Everything I've done is in community service and education and the interrelationship between the two," she said. "I feel my role is to educate."

And she is eager to educate the St. Louis community about Doorways.

"It is the most successful interfaith group working together toward a common goal in the area," Cohen said.

Cohen has been involved in Doorways for six of its eight years. She saw injustices and wanted to do what she could to help, she said.

"I was very disturbed by the way in which people with AIDS were being treated by many people in the so-called religious community," she said. "Doorways appealed to me because priests, rabbis and ministers get together to provide compassionate care to people with AIDS."

Cohen said she intends to stay involved in causes for a long time. For 25 years, she has been a member of the National Council of Jewish Women-even serving a tenure as president. For more than 20 years she has been active with the St. Louis Psychiatric Institute. She was co-chairman and developer of the KMOV-TV (Channel 4) consumer hot line-writing the volunteer training manual and training volunteers.

Cohen and her husband Louis have two grown children.



## Social Responsibility

### Sally Spoehrer Lemkemeier

Sally Spoehrer Lemkemeier is a pioneer.

A founder of The Haven of Grace, a shelter for homeless, pregnant women, Lemkemeier is a 1996 Woman of Achievement in the area of social responsibility.

As a member at St. Peter's Episcopal Church in Ladue, Lemkemeier and others chose to focus on homelessness as part of an outreach program in 1988.

It became apparent to the group that homeless pregnant young women were very vulnerable.

With the financial support of the church and a building provided by Grace Hill settlement, the group opened the shelter for eight women in 1989.

More than 150 women have since come through the program.

"We help them focus on what their goals should be... education or a job or both and then we help them find opportunities in the community to make those things work for them," Lemkemeier, 55, said.

"It's an incredible challenge, constantly evolving."

Lemkemeier's habit of seeing a need and finding a solution doesn't end there.

While volunteering at Echo Home, Lemkemeier helped start Euclid Academy, a school for children with emotional and behavioral disabilities.

"It became obvious that a school was important for their children who couldn't handle a regular public school setup," Lemkemeier, of Ladue, said. "I just happened to be there when the need surfaced and was happy to be involved with it."



## Volunteer Leadership

### Karen K. Goodman

Karen K. Goodman is perhaps the foremost volunteer.

She just finished the first year of a three-year assignment as the national chairman of volunteers for the American Red Cross. Considering the American Red Cross depends on 1.4 million volunteers, this task is both time-consuming and challenging. It's also very valuable.

"The volunteers are a wonderful work force," Goodman said.

Goodman, 50, said she is in a unique position because she is part of the senior management staff as the highest-ranking volunteer for the American Red Cross.

Though she lives with her husband Harold S. Goodman in Creve Coeur, she spends at least three days a week at the American Red Cross national headquarters in Washington, D.C.

"In Washington, I very much work as an advocate for a volunteer's perspective," she said.

She also is board chairman of both the St. Louis Bi-State Chapter and the Missouri Illinois Regional Blood Services Advisory Board. An active member of the Junior League, Goodman is co-founder of TODAY (Teen Opportunities to Achieve in Life), a collaborative pregnancy-prevention program.

Goodman also has been a board member of Edgewood Children's Center for 20 years.

Goodman said she was shocked to learn she was chosen the 1996 Woman of Achievement in the volunteer leadership category.

"There are other people just as or more deserving than me," she said. "Yet it is a wonderful recognition."



## Humanitarian Concerns

### Mary Lee Hermann

Mary Lee Hermann of Ladue is the 1996 Woman of Achievement in the area of humanitarian concerns.

Although Hermann has lived in the St. Louis area for only 15 years-she moved here from Grosse Pointe, Mich., when she married Robert Hermann-she has more volunteer experience than most would achieve in a lifetime.

The Missouri Botanical Garden, St. Louis Art Museum, The Sheldon Forum for Contemporary Arts, The Muny, Humane Society of Missouri, Missouri Red Injury Association and Paraguard are only some of the organizations for which she lends her time and fund-raising talents.

She has chaired 13 major events and raised more than \$2 million for local worthy causes.

Hermann said although she was an active community volunteer in Grosse Pointe, she works even more tirelessly here. For one thing her four children and her husband's two children are grown, giving her more time for volunteering.

Also she finds that the St. Louis area, both on the corporate and individual levels, supports worthy causes better than she could have imagined.

Hermann said the various causes find her. When approached, she admits she finds it hard to say no.

"When someone comes to me it's either a good friend so I can't refuse or the cause is so good I can't refuse," she said.

Noting the variety of causes for which she volunteers, Hermann said she's hardpressed to say which is her favorite.

"It depends on the problem," she said.





# Larry Betz now Maroons' head coach

By Scott Marion  
Staff writer

After 22 years as an assistant football coach at Belleville West High School, Larry Betz was prepared to remain in that position until he retired.

Instead, Betz will be the Maroons' head coach when the 1996 season starts. He replaces Dick Hood, who was paralyzed in an accident during practice last Sept. 14. Betz was West's interim head coach for the remainder of the season.

"I hate to get a job when a guy loses it because of an injury, especially the type of injury Dick sustained," Betz said. "But we have to go on. I'm in a unique position because I've been here so long. There are a number of things I can draw on to try to be successful."

Betz spent the past 20 years as a varsity assistant at West after spending his first two years as a sophomore coach.

"I'M NOT GOING TO change — we're basically going to fine-tune what we've been doing," Betz said. "We want to be as fundamentally sound as we can and we'll pay a lot of attention to detail. We have some good personnel coming back and we want them to be as strong as possible and ready to play."

Betz is confident the Maroons can improve on last season's 2-7 record.

"I've never experienced an emotional environment like we had for a month or so after Dick's injury," Betz said. "The kids worked hard, but something intangible was missing. We started coming out of it and played some good football at the end of the season."

"From a coaching standpoint, we told the kids we weren't going to give up on them. We also said we didn't want them to give up on the season."

Betz's appointment as head coach creates an opening for an assistant coach on West's staff.

"We'll probably do some reappointing to get the maximum effort out of everyone," Betz said. "Coach (Mark) Lamon will be our defensive coordinator, and depending on who we hire, coach (Phil) Highsmith will probably move up to offensive line coach."

Betz will remain as West's head girls basketball coach, a position he has held for 21 seasons.

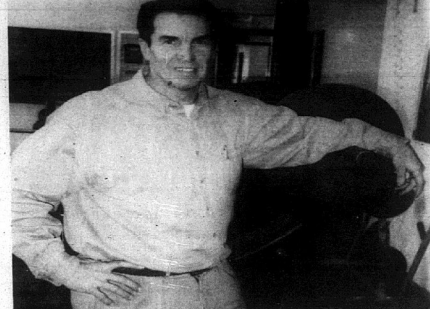
"We'll run into a little overlap especially if we get into the playoffs," Betz said.

"I'll be devoting most of my time to football until the season ends, but I have two very good (basketball) assistants (Bob Keefe and Clayton Fischer). In 11 of the last 12 years, I haven't had the whole team available at the start of practice, anyway (due to West's volleyball team reaching the state tournament or super-sectional)."

In addition to being the only head girls basketball coach in school history, Betz was the Maroons' first volleyball coach.

"I coached volleyball for the first three years before the IHSA (Illinois High School Association) moved it from a winter sport to the fall," Betz said. "It created a conflict with football and we started Charlie (Rodman) took over. This was his 19th year."

Of the six schools currently in the Southwestern Conference



(Staff photo by SCOTT MARION)

Larry Betz is now West's head coach after serving 22 years as the Maroons' assistant head coach.

— Edwardsville and East St. Louis Lincoln will join the league next fall — four will have new head coaches in 1996. Former East St. Louis Senior coach Bob Shannon will take over at Alton, Nick Petrillo takes over at Granite City and East St. Louis has yet to name a new coach. That leaves Belleville East's Mike McGinnis (14 years) as the dean of SWC coaches, while Collinsville's John Jackson, who took over in 1994, is second in seniority.

"With Bob going from one conference school to another and me being here 22 years, it's not a drastic change, like when Jackson went to

Collinsville," Betz said. "We have a totally new schedule. Our first conference game is with East, and it's always been the next-to-last game since Granite City came into the league."

"We open the year with two tough non-conference games. We have O'Fallon at home, then we go to Cahokia."

"Our overall numbers look pretty good, but one of my goals is to get more kids involved in the program. We'll try to have more kids play and try to keep everybody from having to start both ways. We started doing that last year, and by our last game against Alton, we had only one kid going both ways."

## •Hood

(Continued from Page 1B)

Rantoul because she was unable to find a job in the Metro East. She was living in an apartment with their older daughter, Paige (a third-grade teacher in nearby Clisna Park) and was commuting to Belleville on weekends. When her husband was injured, Linda used her accumulated sick days and a leave of absence to stay in Belleville, and will remain on leave for the 1996-97 school year.

"Since I came home (in early February), I've been taking therapy at Memorial Hospital and my progress has skyrocketed," said Hood, whose younger daughter, Brooke, graduated from Belleville West in 1993. "I've had some dynamite weeks. The breakthrough came when I took those two steps, but it's still an effort to get from a sitting position to a standing position."

"My strength is getting better all the time, but the mental part is very intense. The concentration it takes just to move a finger or lock my knees, I almost have a headache from doing it. I've certainly learned to appreciate the human body more."

Since moving to Belleville, Hood has undergone two back operations.

"The first surgery was after my third year and it didn't do

a whole lot of good," Hood said. "A couple years later, they did it again and this time, they got it right. I was just 11 months into my recovery from that operation when the accident happened and I was probably walking better than I had in years."

"There's not a whole lot of feeling in my back, but that area (where the back surgeries were performed) is pretty sore. That hasn't hindered me yet, but as I get a lot of feeling back, that may be an area which will remain numb."

Hood realizes there's a long way to go on the road to recovery, but he regards any new movement or any new sensation in his limbs as a small victory.

"I've never stopped believing I'm going to be 100 percent," Hood said. "I've talked to some people who have gone through the same thing and there may be some indications that I'm a little ahead of schedule."

"But I still can't use my hands enough to be functional, so I have to depend on help from Linda and my attendants to do things like feeding myself, brushing my teeth and shaving. Those are things you take for granted, but I look forward to the day when I can do them with my own two hands."

Schoendienst Golf Tourney Pontbonne College will hold the Red Schoendienst-Pontbonne College All-Star Golf Tournament on Monday, July 8 at the Glen Echo Country Club, located off Lucas and Hunt Road in St. Louis.

St. Louis Cardinals Hall of Famer Red Schoendienst will be the master of ceremonies, and will be joined by local personalities and stars. Cardinals players. The foursome scramble tourney will begin with registration at 10 a.m. Lunch and dinner will also be served for participants, and prizes, contests and awards will be handed out after the dinner. The cost for the tourney is \$350 per player, and \$1,350 per foursome. The cost includes greens fees, cart, driving range, lunch, cocktails, dinner, prizes and a gift pack. Special sponsorships are also available. For more information, call (314) 889-1412.

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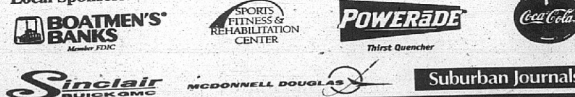
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mer will continue through the month of April. Girls softball leagues, for girls born from 1979 through 1988, are especially needed.

For information regarding

softball teams; and when and where signups can be taken, call Jim Greer at 797-1208.

**Pontoon signups continue**  
Signups for the Pontoon

Beach Khoury Leagues will continue through the month of April. Boys and girls are needed to fill teams of all ages. The cost for baseball registration is \$35; and for softball and t-ball the fee is \$25.

Signups are being taken at Tracy's Sign Shop on Park Lane in Pontoon Beach. Each Tuesday through Friday in April, signups will be taken from 10 a.m. to 5 p.m.; and Saturday registration will be from 10 a.m. until 4 p.m. For more information, call Tracy at 831-1291, or Ida at 797-5477.

**Softball Classic**  
The sixth annual Budweiser Softball Classic will be held May 18-19 at the Shiloh Eagles Park. The home rule will be in effect. Entry fee is \$125 per team, and prize money will be based on the number of teams entered.

For more information, call Harry Shepherd at 632-0658 or Dan Davis at 236-6414.

**Cardinals Team of the Week**

The Z&A Sonics won the Parkway Basketball League 12-and-under A Division with a 13-0 record this season. The team, sponsored by Zelenka and Associates of Clayton, Mo., is made up of 12-year-old boys from the Metro East area. Pictured with coach Ted Lindbeck are (front row from left) Nick Allan and Craig Cason of Collinsville, Elliott Bosslett of Granite City, Tyler Yates of Marine and Billy Johnson of Collinsville; and (standing) Josh McCoy of Granite City, Aaron Kremmel of Duplo, Nick Ditzler and Troy Lindbeck of Collinsville and Ted Wallace of Granite City. Not pictured: Donny Despain of Collinsville and coach Joe Wallace.

**•Relays**

(Continued from Page 18)

then we'll have to improve." Still, the Tigerettes weren't that far behind. Lincoln had second-place finishes in the 3200-meter relay and the distance medley; and third-place runs in the 4x100 hurdles relay and 800 medley.

**GRANITE CITY MADE ITS** strongest showing on the strength of a first-place finish by discus thrower Stephanie Brandt, and fifth-place finish by Nicole Done in the 3200-meter run. "What makes this meet so great is the amount of great schools and talented athletes that gather here," Calhoun said. "We're just grateful that we were able to do so well, and happy that we can be a part of this great weekend."

The meet followed a thrilling opening ceremony, and also a

motivational session on Thursday night.

**OF COURSE, THE MAIN** highlight for the athletes and the fans was seeing their hometown girl, Joyner-Kersse, who grew up to become the greatest female athlete on the planet.

Joyner-Kersse spoke briefly on Friday, after heading the Thursday evening session inside a packed Lincoln gymnasium. Also on hand were Olympians Bob Kersee, Al Joyner, Mary Cobb, Cicely Scott, Gail Devers and Greg Foster. Florence Griffith-Joyner, wife of Al Joyner, also made the trip into East St. Louis but suffered an apparent seizure on the plane trip into St. Louis. But Flo-Jo was OK on Friday morning, although she did not participate in the meet.

**•Warriors**

(Continued from Page 18)  
"But he feels fine, and I'll be pitching him against (Belleville) West on Thursday."

In fact, it will be a busy week for the Warriors, with five games on this week's schedule. And next week, the Warriors have six games on the docket.

Granite City was to face Belleville East on Tuesday; instead, that game will appear in Thursday's Press-Record, assuming the game is played on schedule.

After the Warriors' conference battle with West on Thursday, they travel to Cahokia on Friday. The week ends

with a doubleheader Saturday against Jerseyville at Varsity Field.

"After we play these 11 games the next two weeks, we'll have a better reading on what we're able to do this year," Lignoul said.

"This two-week period is important, but really, the next five weeks will be the most important. We'll have two conference games each week. We have East and West this week, and Collinsville and East St. Louis next week; and that'll be the first time through the conference. They're all important now."

**•Meet**

(Continued from Page 18)  
that had never happened before," said Flo-Jo's husband and East St. Louis native Al Joyner.

"Everything's fine, but we all decided it would probably be best if she rested and did not participate in the ceremonies."

The weekend began with a motivational session led by Joyner-Kersse, the former Lincoln graduate now considered the best female athlete in the world. "It's always a thrill to come back to East St. Louis," she said. "It's great to see so many people and athletes interested in track and field. I'm happy to be here and looking forward to a great meet."

JJK added that Thursday's session went well.

"We had a large group of ladies present, and they seemed to be soaking up everything we had to say to them."

"It's important that they

realize one has to be successful off the field as well as on the field. It takes even more courage to be successful in life."

Also appearing at the session were Olympians Gail Devers, Cicely Scott, Mary Cobb and Greg Foster. Including Joyner-Kersse, Joyner and Griffith-Joyner, that group represents 12 Olympic medals and 11 world championships.

"The great thing is, that during an Olympic training year, these athletes consider it worth their while to come to East St. Louis and help our young people," Fennoy said.

"They're basically doing this out of the goodness of their heart. They don't receive a dime for doing any of this."

"This probably sounds corny, but the compensation we receive is helping the young people," JJK said. "I know how hard it can be to stay focused when times are difficult. We want to make sure the kids know that their hard work will pay off for them in the future, in many different ways."

In the fourth year of the event, the field grew to 31 teams. At one time, 36 teams were scheduled to participate, but meet officials decided to move the event to Good Friday, instead of the normal Saturday slot.

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## Community calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty.

Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000.

This calendar runs in every Wednesday's Journal.

## Wednesday, April 10

**American Association of Retired Persons Chapter 1340** meets at Granite City Township Hall, 2060 Delmar Ave. in Granite City. Doors open at 5 p.m. A short business meeting will be held at 6 p.m. Refreshments will be served, followed by an evening of games. Those age 60 and older are welcome to attend. Tickets for the May dinner and dance will be sold at 5 p.m. For information call 876-8328.

**Behavioral Health System** will present a talk on "Adult Children of Alcoholics—Growing Up in an Alcoholic Home" at 7:30 p.m. at the St. Elizabeth Health Center, 800 St. Louis Road in Collinsville. This talk is free and open to the public. Call 798-3888 for more information.

**Disabled American Veterans Chapter 53** will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 876-7816 for more information.

**Pontoon Beach Senior Citizens bingo**, noon, 3910 Illinois 111, Pontoon Beach.

**Pulmonary Support Group**, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

**Singles Connection** will eat at Louisiana Jack's Restaurant on Illinois 150 and Illinois 50 in Fairview Heights. Call John at 345-5042 for more information.

**Al-Anon**, 7:15 p.m. Gateway Foundation, 600 W. Lincoln Ave., Caseyville. Call 463-2429 for more information.

**Alcoholics Anonymous**, 11 a.m. and 8 p.m., 2116 Club.

**2116 Edison, Granite City, 1 (800) 307-6600.**

**Alcoholics Anonymous**, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

**Collinsville Area Recreation District** in conjunction with the Boots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Lanham, 2200 Vandana St., Collinsville. The cost is \$2.50 per person, per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

**Divorced and Separated Group Ministry**, 7:30-8:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9288.

**Parents Anonymous Group** meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2714.

**Madison Community Action Group** meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

## Thursday, April 11

**Behavioral Health System** will present a talk on "Signs and Symptoms of an Eating Disorder" at 7:30 p.m. at St. Elizabeth's Edwardsville Health Center, 1121 University Drive in Edwardsville. The speaker will be Cyndi Witt, MSW, and Tammy Cook, MS, RD, LD, of the Behavioral Health System. This talk is free and open to the public. Call 798-3888 for more information.

**Edwardsville Kennel Club**, 7:30 p.m., Hayes Mallory Community Building, 216 Crane St., Edwardsville, open to public.

**Madison County Genealogical Society**, meets 7 p.m. at Immanuel United Church, 800 N. Main, Edwardsville.

**Multiple Sclerosis self-help group** meets from 7 to 9 p.m. in PASCAL Hall at St. Elizabeth Medical Center, 2100 Madison Ave. in Granite City. Call 797-2780 or 451-0728 for more information.

**Navy Mothers Clubs of America**, meet at 7:30 p.m. at the Veterans of Foreign Wars in Granite City. Mothers, fathers, daughters, wives or sisters of former and present Navy, Marine, Coast Guard or Sea Bees are encouraged to

join. For further information, call 931-2292 or 876-2209.

**Singles Connection** will have a buffet dinner at 6:30 p.m. at Pizza Chef in Granite City. Call Carl at 452-1762 for more information.

**Chouteau Township Senior Citizens**, 9 a.m. to 2 p.m., 2116 Club, 2116 Edison, Drive, Mitchell.

**Eagle Park Acre Seniors of Madison** meet from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

**Alcoholics Anonymous**, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

**Alcoholics Anonymous**, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

**Alcoholics Anonymous**, 11 a.m., 2116 Club, 2116 Edison Ave. Granite City, 1 (800) 307-6600.

**Take Off Pounds Sensibly** Chapter 253, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, call 797-8551 or 877-2784.

**Al-Anon**, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

**Narcotics Anonymous**, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-0409.

**Overeaters Anonymous**, 7:30 p.m. at First Christian Church, 2415 N. 8th St., Caseyville. For information, call 1 (314) 698-7821.

**Granite City Community Band rehearsals**, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

## Friday, April 12

**AARP** will hold a dinner and dance to honor the American Association of Retired Persons Fallbearers at the Granite City Township Hall, 2060 Delmar Ave. in Granite City.

**Doors open at 5 p.m. Dinner**, catered by Jerry's Cafeteria, is served at 6 p.m. Dancing to Jerry's Kids begins at 7 p.m. Tickets are \$8.50 and may be purchased from 9 a.m. to noon weekdays at the AARP desk, 877-1215.

**Granite Chapter 650 Order of the Eastern Star** meets at 7:30 p.m. at the Masonic Temple, 20th Street and Cleveland Boulevard in Granite City.

**Holy Family Fish Fry** will be held from 4 to 7 p.m. at 2606 Washington Ave. in Granite City. Plates are \$4.50 and sandwiches are \$5.50. Carry-outs available.

**Monday, April 15**  
Disabled American Veterans Chapter 53, 1417 19th St., Granite City, 876-7816, 8 p.m. (See CALENDAR, Page 5B)

**Downtown Neighborhood Restoration Society**, Granite City, 876-7715, 8 p.m.

**Hereditary Ataxia** (a disorder of nerve cells in the spinal cord and cerebellum) support group. Call Curt Williams, 877-5172, for information.

**Al-Anon** meets at 8 p.m. in the Miloski Room in the basement at St. Elizabeth Medical Center. Call 463-2429 for more information.

**Alcoholics Anonymous**, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

**Friday Afternoon Pinochle Club** for seniors 55 and over meets at 12:30 p.m. at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-0350 for more information.

**STEMSS (Support Together for Emotional and Mental Serenity and Sobriety)**, A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

**St. John United Church of Christ**, 2901 Nameoki Road, Granite City, 931-0443.

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## Saturday, April 13

**Benefit Dance** will be held from 8 p.m. to midnight at the Polish Hall, 826 Greenwood in Madison. Proceeds go to replace patio windows at St. Mary's Convent. Tickets are \$3 per person. Music will be provided by David Hylla's Good Times Band. For more information, call 931-4067.

**Quid City Youth Fellowship**, 2267 Cleveland, 7 p.m., 931-3450 or 877-4848.

**Senior Social Club** will meet for games at the Granite City Township Hall, 2060 Delmar Ave. in Granite City. Call 877-1215 for more information.

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**Monday, April 15**  
Disabled American Veterans Chapter 53, 1417 19th St., Granite City, 876-7816, 8 p.m. (See CALENDAR, Page 5B)

**FREE HOT DOGS & SODA at FAIRVIEW HEIGHTS LOCATION SATURDAY APRIL 13TH**



**GRAND OPENING** 5329 North Highway 159 Fairview Heights, Illinois 618-235-9948

9616 Olive Boulevard Olivette, Missouri 314-993-5889

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**G/H Nitro Golf Balls \$5.95 Per Dozen**

**Mizuno Golf Shoes \$20.00 OFF**

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**ETONIC Golf Shoes Styles 4210 & 4333 \$15 OFF**

**Datic / Prima Golf Bags \$5 - \$10 or \$15 Off**

**Close Out Club Special Any Reasonable Offer Accepted**

**Striker STR 1000 8 Irons & 3 Woods \$299.95**

**Graphite \$299.95**

**Men's / Ladies Starter Sets - 2 Woods / 4 Irons 1 Putter.....\$59.95**

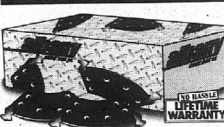
**Stop In And Sign Up For Our Weekly Drawings.**

**Grand Opening Prices Good Through Sun. April 14th While Supplies Last!**

**FREE FITTING WITH EVERY SET PURCHASE**

## Two-year free replacement on Duralast batteries

## LIFETIME-WARRANTY PARTS



**Albany Semi-Metallic Brake Pads** Designed to resist high temperatures, last longer and stop cars better. A special coating also helps reduce brake squeal. from **15<sup>99</sup>** to **24<sup>99</sup>**



**Gabriel Red Ryder Gas Shock Absorbers** The performance leader worldwide. These premium heavy-duty shocks for cars and light trucks are guaranteed for as long as you own your car. Our everyday low price for store-stocked items: each **7<sup>99</sup>**

Gas Ryder Premium Shock Absorbers.....each from **16<sup>99</sup>**

Gas Ryder LT Premium Truck Shock Absorbers.....each **17<sup>99</sup>**

Gas Ryder Premium Struts and Cartridges.....each from **27<sup>99</sup>**

Hi Jackers Air Adjustable Shocks.....pair **59<sup>99</sup>**

**Power you can depend on**  
There's nothing like the new Duralast from AutoZone. With up to 700 cold cranking amps, Duralast delivers more pure starting power than original equipment batteries.

And not only does Duralast have all of the power you need for fast, dependable starts, it also has up to 130 minutes of reserve power. So even with today's complex electrical systems, you'll have power to spare when you need it the most.

But what really sets Duralast apart is its unique construction. Each Duralast battery gives you unbeatable protection against harmful vibration.

Duralast batteries are sold and warranted at more than 1,250 AutoZone stores across America. And each one is backed by a six-year prorated warranty that includes a two-year free replacement period.

So don't settle for anything less. Choose a Duralast battery from AutoZone. And get power you can depend on.

**49<sup>99</sup>** with exchange

## Heavy-Duty Mufflers

Special construction provides extra durability and ensures a quiet ride. Alloy-coated steel protects against rust and corrosion. Backed by our no hassle lifetime warranty. **14<sup>88</sup>**

## Catalytic Converters

from **69<sup>94</sup>** to **99<sup>94</sup>**



## Ultra Spark Plug Wires

Ultimate protection against extreme engine heat. The most precise fitting wire set available. Backed by our no hassle lifetime warranty.

4 Cylinder Set from **9<sup>99</sup>** to **49<sup>99</sup>**

6 Cylinder Set from **9<sup>99</sup>** to **49<sup>99</sup>**

8 Cylinder Set from **14<sup>99</sup>** to **69<sup>99</sup>**



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Coastal Unilube.....quart **84<sup>99</sup>**

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STP Value Pack

Son of A Gun Tire Care 32 oz. **4<sup>97</sup>**

Son of A Gun Tire Care 21 oz. ....

Westley's Value Pack

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**Pizza free** — Eric Wortham, center, president and chief executive officer of Pizza Chef restaurants, recently donated more than \$1,200 worth of pizza to Prather Elementary School to reward students who remained fight-free. Capri Sun donated 22 cases of soft drinks for the party. Pictured at left is Prather Principal Debbie Wilkerson. At right is Assistant Principal Virgil Kambarian Jr. The principals presented Wortham a "Fight-Free" T-shirt.

## Calendar

(Continued from Page 6B)

**First-Place**, a Christ-centered nutrition program, meets from 6 to 7 p.m. at First Baptist Church, 2041 Delmar Ave. in Granite City.

**Neglected Victims of Child Sexual Abuse**, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

**TOPS 248** (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 875-2124.

**TOPS IL 645**, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

**Tuesday, April 16**

**Band Parents Association** of Granite City High School, 3101 Madison Ave., 451-5008, 7 p.m.

**Behavioral Health System** will present a talk on "Helping an Alcoholic Who Doesn't Want Help" at 7:30 p.m. in the President's Room at St. Elizabeth Medical Center in Granite City. This talk is free and open to the public. Call 795-3008 for more information.

**Knights of Columbus**, 4th Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.

**Lupus Erythematosus** Sup-

port Group, sub-chapter of Illinois Lupus Foundation, 7:30 p.m., Memorial Hospital auditorium, Belleville, 233-7750, extension 5800.

**Pontoon Beach Senior Citizens**, meeting, 7 p.m., 3910 Illinois 111, Pontoon Beach. Singles Connection will play volleyball at 6:30 p.m. at the YMCA, Esic Drive in Edwardsville. There is a \$3 fee for three hours of play. Call Frank at 876-4315 for more information.

**Manic Depressive Association** of Madison County will meet from 7 to 9 p.m. at St. Elizabeth Medical Center. James E. Lewis and Karl A. Strassman, Co-leaders of the DMDA, will conduct the meetings. For more information, call 877-7517 or (314) 776-4929.

**TOPS 1699** (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St.; call 797-2724 for more information. Men and women are welcome to attend.

**Alcoholics Anonymous**, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

**Alcoholics Anonymous** (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

**Alcoholics Anonymous**, 8 p.m., St. John United Church, 2901 Namoki Road, Granite City, 692-8078.

**Al-Anon**, 8 p.m., St. John United Church, 2901 Namoki Road, Granite City, 463-2429.

**Al-Anon**, 8 p.m., Niederrhein United Methodist Church cafeteria, 20th and Delmar, Granite City, 463-2429.

**Alateen and Pre-Alateen Program** for 12 to 17 age group, and prelateen for six to 11 year age group, meets at 8 p.m. at Niederrhein United Methodist Church, 20th and Delmar. For more information call 463-2429.

**The Blood of the Lamb** prayer and bible study. The public is invited to come for praise and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 888-1865.

**The Circle of Hope**, a 12-step healing program for anyone whose life is affected by HIV infection meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0291.

**Narcotics Anonymous**, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hot-line 398-9409.

**School of Metaphysics**, 7:30 to 10:30 p.m., 9459 Roslan Place, St. John, Mo. 63114. Classes in applied metaphysics. Call Melanie McManus at 429-0078.

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ALL SEASON RADIAL

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P185/75R14	W/W	51	P215/70R15	W/W	59
P185/70R14	W/W	52			
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P205/75SR14	W/W	72	P225/75SR15	W/W	81
P205/75SR14	RWL	76	P225/75SR15	RWL	85
P205/75SR15	RWL	79	P235/70SR15	W/W	83
P205/70SR15	W/W	75	P235/75SR15	RWL	87
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Fits: Nissan Sentra

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Fits: Chevy Astro Van, GMC Safari Van, and Jeep Cherokee

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P185/80R13	39	47	54
P185/75R14	41	47	56
P185/70R14	—	—	58
P195/75R14	43	48	57
P195/70R14	—	—	59
P205/75R14	45	51	59
P215/75R14	—	55	63
P205/75R15	46	54	61
P205/70R15	—	—	62
P215/75R15	47	57	63
P215/70R15	—	—	65
P235/75R15	48	58	67
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195/60HR15 \$66	P215/65SR14 \$67	175/70SR13 \$49
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LT235/85R16/10	99	119
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**Group garage sale to be Saturday**

Omicron Master Chapter of Beta Sigma Phi held its regular meetings in March.

The first meeting was in the home of Pat Tsigalaroff. Bea Brackett gave the program on religion. She talked about the Bible and then showed pictures and told of her recent trip to Greece, Bulgaria, Italy, Nessabur and Macedonia. She then read the poem "One Solitary Life."

The second meeting was held in the home of Imogene Forrest. Delores Dortch gave the program on medicine. She told of a brain surgery procedure called Pallidotomy, which helps people with Parkinson's Disease. She also explained some new eye surgery techniques.

Plans were made for the annual garage sale, to be held April 15.

The election of officers for the 1996-97 year was held. Those elected were Delores Dortch, president; Evelyn Tolliver, vice president; Imogene Forrest, recording secretary; Arlene Haldeeman, corresponding secretary; Joyce Alexander, treasurer; and Bea Brackett, extension officer.

**And baby makes five**

Tyler Renee Gregory arrived in Granite City on Dec. 29, 1995, at 6 pounds, 8 ounces. Tyler is the fifth generation in now great-great-grandmother Edna Austin's family. Austin lives on a farm in the Texico, Ill., area, but the other four generations live in Granite City. Shown are, clockwise, starting with Tyler, mother Katherine Gregory, grandmother Pamela Jones, great-grandfather Waymon Austin and great-great-grandmother Edna Austin.

**Stapleton fares well in pageant**

Shannon Stapleton recently competed in the Miss Heart of the Midwest Pageant, held March 10 at the Granite City Township Hall.

Stapleton competed in the age division of 12 to 14 years. The categories included photogenic, most beautiful, best dressed, best model, dress, sports wear and talent.

She was named divisional queen, photogenic queen, best model, best dressed and talent queen in her age division. Additionally, she accumulated the highest points of all contestants in all categories in the entire pageant and was named supreme queen and overall talent queen.

Stapleton also won overall photogenic queen. This title will enable her to represent the state of Illinois at the state pageant, to be held April 12-14.

Stapleton recently competed in a national photo contest, in which she was named photogenic queen of her age division. This qualified her to compete in the Dreamland Production National Pageant, held Feb. 24 and 25 in Memphis, Tenn.

Stapleton's model coach is Rhonda Vest-Nolan. She is 13 years old and a seventh-grade student at Grigsby Middle School. She is the daughter of Mary and Lisa Stapleton of Granite City and the granddaughter of the Rev. Bob and Peggy Jones of Granite City and George and Helen Stapleton of Marion.

**Grasshoppers** by **Hand** **Candie**

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# Today's Food

Wednesday, April 10, 1996

## Food & Nutrition

### Wise Ways

Minuscule elements in good-tasting fruits and vegetables wield big bang with positive health benefits.  
**INSIDE**

### Heart-y Bites

Road to healthy cookie ends with yummy, chummy snack.  
**INSIDE**

### Blue Ribbon Cook

Creamy cherry dessert doubles as a take-along salad.  
**INSIDE**

### Private Label Test Run

Quick dinners get flavor spark from seasoning mixes. Testers try some from the economical Shop 'n Save line.  
**INSIDE**

### Micro Raves

Will microwaves turn hair blue or make fingernails fall out? Kathy Hanewinkel dispels myths.  
**INSIDE**

### Lively Taste

Thyme is pungent and sweetly fragrant. Sunny herbal gardens often contain many varieties. It has been popular for centuries as a flavoring with cheese. Creole cooking calls for it. Meat dishes commonly use it. For savory appeal, sprinkle thyme on steamed vegetables. Use 1/4 teaspoon dried thyme to 3 pounds chicken or 4 cups vegetables.

## Health & Fitness

### Medicine Chest

Pharmacists specializing in pediatrics have written two new publications. 'Children's Medications: A Parent's Guide' gives easy-to-understand information about prescription and over-the-counter drugs. It tells proper dosages, drug interactions, side effects, how to administer and store drugs, and precautions pertaining to children. 'Children's Medications: A Guide for Schools and Day Care Centers' is a valuable reference for people who spend a lot of time with children. Either can be ordered by calling Harvey Whitney Books, (513) 793-3555.

### Fresh Picks

Salad is standard fare as the weather warms. Instead of using bacon bits, greasy croutons, sunflower seeds and shredded cheese on top, opt for crunch with shredded or chopped veggies. Try onion, radish, cucumber, carrot, jicama or squash for fat-free color and flavor.

### Big Fat Tip

Vegetable oil used in canning seafood adds substantial fat -- about 6 or 7 extra grams -- to each ounce of seafood. Reports of fish oil and omega-3s being healthy fat refer to fat found naturally in fish, not oil added in canning.

### Future Shop

The U.S. Department of Agriculture has a present for sodium-watchers. It has developed a pickling formula that cuts salt in kosher dills almost in half without affecting taste. The method, not yet available commercially, involves replacing part of the sodium chloride with other salts, much like salt substitutes for the table. The actual cut is 40 percent, about as far as scientists could go without pickling a peck of pickles without perfect pucker power.



Cocoa beans are the fruit of the cacao tree, which grows in tropical orchards along the equator, mainly in Central America and West Africa. The beans and white pulp are removed from the pod, fermented, roasted and prepared as cocoa powder or chocolate. This woman near St. George's, Grenada, shows the pod with its treasure straight from the tree. Colorful cocoa pods sit on the table, along with a dish of cinnamon bark in the front. Round pods are nutmeg, with dark ones showing their flavorful protective covering of mace. Nutmeg trees grow abundantly on Grenada, known as the "spice island," a port on the Journal Cooking Cruise under the auspices of Altair Travel.

Janice Denham Photo

## Divine Delight

By Janice Denham  
Staff writer

Indulging a craving for chocolate almost never brings to mind the cacao beans that spurred that candy bar or piece of chocolate cream pie to its sweet end. Still, there are tropical trees somewhere near the equator that produced 20 to 30 pods, each of them almost a foot long and holding 25 to 40 beans. About 400 beans are needed to produce a pound of chocolate.

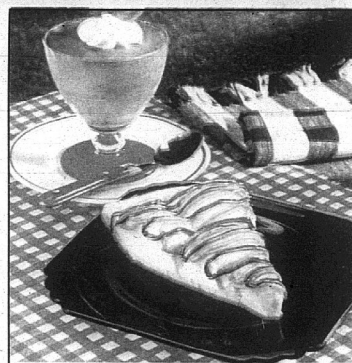
Pods hang from the tree

and gradually turn from green to dark red and yellow for harvest in lush forests. Cacao trees grow in many countries, including Grenada, one of the ports on the Journal Cooking Cruise last month.

The product of volcanic soil, the seed kernels and filmy white pulp around them are scraped out and fermented eight days. This is a crucial step in forming cocoa the world recognizes as "food of

SEE DIVINE,  
INSIDE TODAY'S FOOD PAGE 2

It is a long way from a pod on a tree on a tropical island to the welcome delights of chocolate lovers: Ice Cream Pie, right, and Easy Chocolate Mousse.



## CAMP COOKIE

Smart cookies are welcome to have fun this summer at one of two Camp Cookies.

One is at home, where adults can implement tips to create a fun-filled, safe camp and kids cook up easy-to-make recipes in their own kitchen. To receive a set of recipes for hungry campers and tips on Camp Cookie, call toll-free 1-800-782-9602.

The other is Camp Cookie in Minnesota, where they learn tricks of the baking trade. For three days in July, 10 children will visit the Land O'Lakes Family Circle Camp Cookie in Minneapolis/St. Paul. Children in grades three through six can win this special trip--with a parent, plus a little dough (a \$1,000 savings bond), by

explaining in 25 words or less, "I'm a smart cookie because..." and tell why he or she deserves a trip to Camp Cookie.

Each entry must be typed or printed on one page of 8-1/2-by-11-inch plain white paper; contain entrant's name, address, telephone number and grade, and be mailed separately by May 15. Mail entries to: Camp Cookie, P.O. Box 39104, Chicago, Ill. 60639.

## Kids' Cuisine



# Tony's Food

## Private Label Test Run



Prepared seasoning mixes, like these from Shop 'n Save, cut the number of ingredients needed on a pantry shelf and steps in making delicious meals.

## Reader's tip yields roast, chili tests

A reader left a tip: Try the Shop 'n Save seasoning mixes. She recommended the variety for meatloaf, but finds others worth the small investment to save time and extra ingredients.

Cost is usually three packets for \$1, with a wide variety available, including gravy mixes.

Journal "Test Run" tried beef stew seasoning first. True to life, a tester took it home and easily adapted it to pot roast.

"I took the same amount of meat, browned it in 1 tablespoon oil instead of 3, added a little less than the 3 cups water and cooked boneless chuck roast that was on sale with the recommended seasoning," she said.

"There are just the two of us at home, so we had leftovers. The gravy, without any extra thickening either time, was so pretty and dark, with leftover carrots and peas, and the sliced meat reheated, it could have been photographed on the plate for a package."

Both she and her husband liked the flavor, without unusual seasonings or salt standing out.

Another test was for Shop 'n Save chili seasoning. It was shared at lunch after a quick cooking on high power in a crock pot.

"This chili seasoning is a bargain at three-for-\$1. I often use the packets as a base and add to the chili."

For a crunchy combo,

combine 1 cup roasted peanuts, 1 cup raisins or dates, 1 package (6 ounces) chocolate chips and 1 cup dried apple pieces.

For more recipes with peanuts, write to: Virginia-Carolina Peanut Promotions, 103 Triangle Court, P.O. Box 8, Nashville, N.C. 27856-0008.

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combine 1 cup roasted peanuts, 1 cup raisins or dates, 1 package (6 ounces) chocolate chips and 1 cup dried apple pieces.

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## Heart-y Bites

By NANCY McCABE

## Saga of healthy cookie ends over glass of milk

My children get excited when we bake cookies. This time I planned a cookie bar with carrots and other healthy ingredients, so they behaved like many other youngsters.

When I turned my back, they tipped out of the kitchen.

In an effort at regrouping, Ryan agreed to help shred carrots. We talked about how they improve night vision because they contain beta carotene, which the body converts into vitamin A. It also can help prevent disease processes, like cancer, heart disease, cataracts and possibly slowing aging.

"Mom, I know about beta carotene. We studied that in health class," Ryan told me with the impatience of a preteen who thinks Mom knows nothing.

I turned my attention to Kristen, busy mixing oats and whole wheat flour.

"Did you know that those oats contain soluble fiber, Kristen?" I asked.

I had her attention, so I forged ahead.

"Soluble fiber helps lower your cholesterol, which is the waxy substance that can build up and cause damage to your blood vessels. But if you eat oats or oat bran often, you can lower your total cholesterol and your LDL cholesterol, also known as 'bad cholesterol,'" I said.

What else is good about the bar?

Raisins. They contain potassium and iron. They taste sweet, but are better than pure sugar, without

vitamins, minerals or fiber. Whole wheat flour. It has more fiber, vitamins and minerals than bleached white flour.

Add up all those ingredients—the children were still with me—and they agree with the American Heart Association and other health agencies which encourage us to eat more fresh fruit, vegetables and whole grains and less refined sugar.

By this time the aroma of the cookies was inviting. We sprinkled them with sugar and ate them warm with a glass of cold skim milk.

Ryan, with his mouth full, opened his eyes wide, smiled and put two thumbs up. Kristen and I agreed.

My teenage son, Sean, was not left out. He found them in the refrigerator that evening. A better name for this recipe from the "American Heart Association Cookbook," fifth edition, is the Vanishing Cookie.

Registered dietitian Nancy McCabe is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

## OATMEAL CARROT COOKIES

1/2 cup raisins  
Boiling water  
1/3 cup margarine, at room temperature  
1/2 cup firmly packed brown sugar

## Wise Ways

## Itsy-bitsy chemicals prove gigantic in foods

Phyto-chemicals are popular as cancer-protecting elements in foods. Carotenoids are one component in fruits and vegetables that may have these positive health benefits.

Carotenoids are natural pigments found in plants and animals that eat them. Many have anti-oxidant properties. For example, lycopene in tomatoes may help protect against cancer, and lutein in leafy greens may protect against age-related blindness.

Despite claims otherwise, foods—not supplements—are still the best bet for healthy eating. There is suspicion that supplements

even may go the other way to cause cancer instead of stemming it.

Home economist Mary Schroeffer is nutrition specialist for University Extension (University of Missouri system) in Franklin County.

## STRAWBERRY AND SPINACH SALAD

1 lb. fresh spinach, stemmed, cut in bite-size pieces  
1 pt. fresh strawberries, stemmed, halved

MARY SCHROEFFER

1 small red onion, sliced, separated in rings  
3/4 cup unsweetened orange juice  
3 tbsp. water  
3 tbsp. white vinegar  
2 tsp. cornstarch  
2 tsp. sweet-hot mustard  
2 tsp. honey  
3/4 tsp. poppy seeds

In saucepan, bring orange juice, water, vinegar, cornstarch, mustard and honey to boil. Cook 1 minute, stirring constantly, until thick. Place in small container. Add poppy seeds. Cover. Refrigerate until serving. Keep cold.

Pat spinach dry.

melted and mixture boils. Remove from heat. Stir in 1 teaspoon margarine and 1/2 teaspoon vanilla.

## EASY CHOCOLATE MOUSSE

3 cups mini marshmallows  
1/2 cup milk  
1/2 cup cocoa  
1 tsp. vanilla  
1 cup cold whipping cream  
1/2 cup confectioner's sugar  
1/2 cup semisweet chocolate mini chips, if desired

In medium saucepan over very low heat, heat marshmallows, milk and cocoa, stirring constantly with

wire whisk, until marshmallows are melted. Remove from heat. Stir in vanilla. Cool completely.

In small bowl, beat whipping cream and confectioner's sugar until stiff.

Fold into cooled chocolate mixture. Fold in chips. Spoon into dessert dishes. Freeze, covered, several hours or until firm.

Serve frozen. Garnish as desired.

Makes 6 servings.

## CRUNCHY HEAVENLY HASH

1 pkg. (12 oz.) semisweet chocolate chips  
1 can (14 oz.) sweetened condensed milk

## Blue Ribbon Cook

## Cherry cream salad a winner

Evelyn Dean, Maryland Heights, is winner of this week's recipe contest for Cherry Salad Dessert. She wins a prize of dinner certificates at the Pasta House Co.

She and her daughter have used the recipe for almost any occasion, taken it to church dinners, work potlucks and holiday parties. For a person touch, she decorates it with marshmallows, whole cherries with stems and candied green mint leaves.

Recipes in the Mom's Best Recipe Contest should be postmarked by April 30 for consideration as winner each Wednesday in May.

With a fifth Wednesday paper in the month, there is a chance to win with mom's recipe for any type of food an extra time. It may come in time to take her out for Mother's Day.

Send one recipe per household to: Mom's Best Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

Type or print the recipe legibly on one side of the paper. Include name, address and telephone number on the entry. Name the Journal you receive.

Be sure to double-check the recipe as it is written for both amounts and directions, including any variations that make this dish special.

If there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be among criteria used for selecting winners. Originality will be considered, although the recipe need not be original. If possible, name the recipe's source.

Winners are notified by mail. Duplicate entries will be considered on the basis of earlier entry or best compliance with the rules. Contest winners may enter again six months after their prize-winning publication date.

## CHERRY SALAD DESSERT

1 jar (10 oz.) maraschino cherries  
1 can (10 oz.) crushed pineapple, drained  
1 pkg. (8 oz.) cream cheese  
1/2 bag mini marshmallows  
1 carton (12 oz.) frozen whipped topping, thawed

In blender or food processor, blend cherries, pineapple and cream cheese until mixture is smooth.

In large bowl, blend cheese mixture, pineapple and marshmallows. Fold in enough whipped topping so mixture feels firm enough to hold; there may be extra topping.

Butter bottom and sides of 9-inch square pan.

In large saucepan over medium-low heat, melt chocolate chips.

Blend in milk and vanilla. Mix well. Remove from heat.

Stir in marshmallows, pecans and cereal, mixing until well coated. Refrigerate 1 1/2 to 2 hours until firm.

Cut in small squares. Store in refrigerator. Makes about 36 pieces.

## Divine

Continued from page 1C. the gods," named by a Swedish naturalist more than two centuries ago.

Grenadians use it as a drink, similar to the one Montezuma served from the bitter bean to the Spanish explorer, Hernando Cortez, and his weapon-carrying brigade in 1519 along the Mexican coast.

Chocolate-making is an art each manufacturer keeps secret. Beans are roasted to loosen from the husk the interior nib of the bean which is ground and crushed to a fine paste. At this point the chocolate liquor produced can be pressed out to make cocoa, or more cocoa butter and sugar are added to produce chocolate for that candy bar.

Most chocolate-lovers start to care at this point. Fudge, cookies, cake and candy are the sweet indulgence for munchers. Here are a few easy ways to enjoy the results of the bags o' bean.

## ICE CREAM PIE

1 qt. vanilla ice cream  
1 (6 oz.) graham cracker crumb crust  
P.B. Chip Ice Cream Sauce  
Chocolate Fudge Sauce

Place scoops of ice cream in crust. Freeze.

Just before serving, cut in wedges, then drizzle with P.B. Chip Ice Cream Sauce, then with Chocolate Fudge or Lightweight Chocolate Sauce.

Makes 8 servings.

P.B. Chip Ice Cream Sauce: In small saucepan, stir together 1 cup peanut butter chips, 1/2 cup evapo-

rated milk, 2 tablespoons light corn syrup and 1 tablespoon butter. Over low heat, cook and stir until chips are melted and mixture is smooth. Remove from heat. Stir in 1 teaspoon vanilla.

Chocolate Fudge Sauce: In small saucepan, stir together 3 tablespoons cocoa and 1/2 cup sugar. Stir in 1/2 cup evaporated milk, 2 tablespoons butter and 1 tablespoon light corn syrup. Over low heat, cook and stir with wire whisk until mixture boils. Boil and stir 1 minute longer. Remove from heat. Stir in 1/2 teaspoon vanilla.

Lightweight Chocolate Sauce: Over medium heat, heat 1/2 cup semisweet chocolate chips, 1/2 cup sugar and 1/2 cup evaporated skim milk until chocolate is

smooth. Stir in 1/2 cup milk and 1/2 cup cocoa. Stir in 1/2 cup vanilla. Stir in 1/2 cup cold whipping cream. Stir in 1/2 cup confectioner's sugar. Stir in 1/2 cup semisweet chocolate mini chips, if desired.

In medium saucepan over very low heat, heat marshmallows, milk and cocoa, stirring constantly with



## Good Health

By MELANIE POLK

### Ancient Greek cuisine cooks with modern favor

It was a study of long-lived peasants of the Greek island of Crete that launched interest in what health benefits Mediterranean foods offer.

The region's lower rates of cancer and heart disease seemed to result in part from cooking with olive oil and seasoning with lemon juice, instead of using saturated fat. Greek cuisine's abundance of fresh fruits, vegetables, hearty breads, fish and yogurt provide a wealth of nutritional benefits as well. The world came to know it as the "Mediterranean diet."

With its central location along the seacoast, Greece combines both western European and Middle Eastern influences in its cooking. From the west comes pasta and tomatoes; the east donates yogurt, rice and coffee. The country's geography, however, defines many of its culinary developments.

Surrounded on three sides by oceans, the Greeks use fish as an important food source. The rocky, mountainous areas are hospitable for sheep and goats, which produce meat, as well as dairy products like



Color and flavor compete for zesty compliments in a main dish with Mediterranean appeal.

tangy feta cheese. Olive trees grow throughout the country and honey is found in all parts of Greece — contributing two more essentials to the Greek culinary repertoire.

For a traditional Greek salad, toss together 2 (thinly sliced) red onions, 4

(sliced) ripe tomatoes, 2 (thinly sliced) green peppers, 2 (peeled and thinly sliced) cucumbers, and 1 cup crumbled feta cheese. Add 3 tablespoons red wine vinegar, 2 tablespoons olive oil and ½ teaspoon oregano. Toss the mixture again. If desired, add salt and

freshly ground pepper to taste.

Yogurt is central to many dishes, such as the appetizer tzatziki, made by finely chopping 1 peeled cucumber, 1 clove garlic, 3 scallions and 1 teaspoon fresh dill. Mix this with 1 teaspoon olive oil, ½ teaspoon

white vinegar and 1 cup plain nonfat yogurt. Cover and chill the mixture. Serve it on a salad or as a dip with bread and raw vegetables.

Shrimp with Tomatoes and Feta Cheese is a healthy Greek classic.

To order a free booklet of healthy international recipes, send a self-addressed envelope stamped with 55 cents postage to: American Institute for Cancer Research, Department AW, Washington, D.C. 20069.

Registered dietitian Melanie Polk is director of nutrition education for the American Institute for Cancer Research in Washington.

plum tomatoes, peeled, seeded, diced  
¼ cup water  
1 tsp. minced fresh or 1 tsp. dried parsley  
1 tsp. grated lemon peel  
1 tsp. oregano  
¼ tsp. pepper  
½ lb. large shrimp, shelled, deveined  
2 oz. feta cheese, crumbled

In 12-inch nonstick skillet over high heat, heat oil. Cook eggplant, stirring frequently, about 2 minutes until browned on all sides.

Add bell pepper, scallion and garlic. Sauté about 1 minute until softened.

Add tomatoes, water, parsley, lemon peel, oregano and pepper. Stir to combine. Reduce heat to medium. Cook 3 to 5 minutes, stirring occasionally.

Add shrimp. Sauté, turning occasionally, 1 to 2 minutes until shrimp turn pink. Stir in cheese. Cook about 1 minute until heated through. Serve immediately. Makes 2 servings, 300 calories and 12 grams fat each.

#### SHRIMP WITH TOMATOES AND FETA CHEESE

2 tsp. olive oil  
1 cup diced eggplant  
¼ cup diced yellow bell pepper  
3 scallions, diced  
2 cloves garlic, minced  
8 small or 1 can (15 oz.)

cup (½ stick) margarine or butter with ½ cup fresh mint leaves. Blend in juice and zest of 1 lemon. Spread ½ tablespoon flavored butter in center of each foil sheet. Place fish on butter. Place about ½ sweet onion, sliced,

on top of each. Finish stack with remaining butter. Envelop wrap around each fillet. Place on baking sheet. Bake in preheated 425° oven 20 minutes or until fish is opaque in center. Yields 4 servings.

#### FISH WITH ONIONS AND MINT IN FOIL

Tear off 4 aluminum foil sheets twice as large as each of four (4- to 6-ounce) fish fillets. In food processor, blend ¼

coat pieces. Pour contents of bag into open roasting pan. Bake in preheated oven 1 hour, stirring every 15 minutes.

Spread on absorbent paper to cool. Store in airtight container.

Microwave directions: Mix margarine mixture with cereal mixture as directed. Pour into large microwave-safe bowl. Microwave on high 5 to 6 minutes, stirring thoroughly every 2 minutes. Cool and store as directed. pineapple gelatin in bowl or individual serving bowls. Gently lay half with carrot on top. Refrigerate until firm. Makes 4 servings.

rice and/or wheat  
1 cup mixed nuts  
1 cup pretzels  
1 cup bite-size cheese crackers

Preheat oven to 250°. Combine margarine, Worcestershire sauce, pepper sauce and seasoned salt. Mix well.

Pour cereals, nuts, pretzels and cheese crackers into large resealable plastic bag.

Pour margarine mixture over cereal mixture. Seal top securely. Shake bag to

cup cold water. Refrigerate until slightly thickened. Divide gelatin in half. Fold ½ cup finely shredded carrot into half the gelatin; fold ½ cup crushed pineapple, drained, into other half. Lay

## Recipe

### HOT AND SPICY PARTY MIX

¼ cup (½ stick) margarine or butter, melted  
1 tsp. Worcestershire sauce  
2 or 3 tsp. pepper sauce  
1¼ tsp. seasoned salt  
8 cups favorite crispy square cereals — corn,

### TRIPLE-ORANGE GELATIN

Dissolve one (4-serving) package orange gelatin in 1 cup boiling water. Stir in ¼

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1/4 cup (1/2 stick) butter or  
margarine  
30 marshmallows or 3 cups  
miniature  
marshmallows  
1/2 cup light corn syrup  
1 1/2 cups peanut butter chips  
5 cups crisp rice cereal

Butter 9-inch square pan.  
In large saucepan over  
low heat, melt butter. Add  
marshmallows. Cook, stir-  
ring constantly, until  
marshmallows are melted.  
Remove from heat.  
Add corn syrup. Stir until  
blended. Add peanut butter  
chips. Stir until chips are

melted and mixture is  
smooth.  
Immediately stir in cere-  
al until well coated and  
press into prepared pan.  
Cool completely. Cut in  
bars.

Store in airtight container  
in cool, dry place.  
Makes about 16 bars.

P.B. CHIPS  
BROWNIE CUPS

1 cup (2 sticks) butter or  
margarine  
2 cups sugar  
2 tsp. vanilla  
4 eggs  
3/4 cup cocoa  
1 1/2 cups flour  
1/2 tsp. baking powder  
1/2 tsp. salt

1 pkg. (10 oz.) peanut  
butter chips  
Preheat oven to 350°.  
Line 18 muffin cups with  
paper or foil baking cups.

In large microwave-safe  
bowl, place butter. Micro-  
wave on high power 1 to  
1 1/2 minutes until melted.  
Stir in sugar and vanilla.  
Add eggs. Beat well.

Add cocoa. Beat until  
well blended. Add flour,  
baking powder and salt.  
Beat well. Stir in 1 1/2 cups  
peanut butter chips.

Divide batter evenly in  
muffin cups. Sprinkle with  
remaining 1/2 cup chips.  
Bake in preheated oven  
25 to 30 minutes until sur-  
face is firm. Cool complete-  
ly in pan on wire rack.  
Makes 1 1/2 dozen.

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Proceeds from the Big Bucks Bonanza are to be used for Student Financial Aid, Building and Operational Funds for St. John Neumann Catholic School, (Grades K thru 8) serving the parishes of St. Cecilia, Glen Carbon, St. Jerome, Troy and Our Mother of Perpetual Help, Maryville, Illinois

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☐ VISA ☐ MASTERCARD NUMBER \_\_\_\_\_  
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(Drawings will be audited by KERRA, ECK & BRANSTETTER, LLP, CPA)

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Cannot be used with other offers.  
 Previous Orders Excluded  
 \* MENTION AD & OFFER EXPIRES APRIL 21, 1996

**Recipe**

**HAM 'N' CHEESE BRUNCH CASSEROLE**

Preheat oven to 350°. Grease or butter 13-by-9-inch baking dish.

Layer half the bread, half the ham, all broccoli and 1 cup cheese in prepared baking dish. Repeat layers with remaining bread, ham and 1 cup cheese, pressing lightly. Dish will be very full.

In large bowl, combine eggs and mustard. Stir in milk and butter. Mix well. Pour evenly over cheese mixture.

Let stand 15 minutes, or cover and refrigerate up to 24 hours.

Bake in preheated oven 45 to 50 minutes until golden brown and set.

Makes 8 servings.

1 loaf (8 oz.) French or Italian bread (preferably day-old), cut in ¾ inch cubes  
 8 oz. fully-cooked ham, cut in ½ inch cubes  
 1½ cups small broccoli florets  
 2 cups (8 oz.) 4-cheese combination blend  
 6 eggs or 1½ cups yolk-free egg product  
 2 tbs. Dijon mustard  
 2½ cups milk  
 2 tbs. butter or margarine, melted

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**EARLY BIRD SPECIAL!**  
 Pack of 4 premium quality plants from the area's best growers! Cold-tolerant varieties, perfect for early spring planting.

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 Cold-tolerant flowers in 18" decorative containers. Perfect for color on porch or patio. Reg. 7.99

**Sale 4 for \$5**  
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 Vibrant spring flowers in a rainbow of bright colors. Great container or landscape accent. 4" pots. Reg. 1.49 ea.

**Sale 14.99**  
**Frank's Weed & Feed**  
 Kills dozens of weeds, plus provides long-term greening. Our best value! 10,000 sq. ft. bag. Reg. 21.99

**Sale 4 for \$10**  
**Cypress Mulch**  
 Helps prevent soil erosion, deters weed growth, retains soil moisture. 2-cu. ft. bag. 2.99 ea.

St. Charles 4630 Hwy. 94 N. Outer Rd. (314) 926-8365 St. Charles 3725 Harry S. Truman (314) 947-7148 Bridgeton 12363 St. Charles Rock Rd. (314) 288-7667 North County 11015 Old Halls Ferry (314) 955-8534 St. Louis 4650 Landonville (314) 351-4010 Ballwin 15031 Manchester Rd. (314) 256-8777 Kirkwood 1135 S. Kirkwood (314) 821-8866 Shrewsbury 125 Kennick Plaza Dr. (314) 962-8878 Fairview Hts. 110 Commerce Lane (616) 397-1251 Overland 8901 Page (314) 429-5155 Seniors! Wednesdays get 10% off your total merchandise purchase. Must be 60 or over. We reserve the right to limit quantities.

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**Store Hours:**  
 Mon. thru Fri. 9am to 9pm  
 Saturday 8am to 9pm  
 Sunday 9am to 7pm  
 Sale ends 4-13-96



# Today's Food

## Micro Raves

KATHY HANEWINKEL

### Don't worry about rays from helpful microwave

By now it would seem everyone would love having a microwave oven, be it at ease with it, use it and not worry. Not so. Some people have bought them just to fill a spot in their kitchen and some fear using it.

My advice: Relax, don't worry, be happy and be microwaving. The microwave oven is 55 years old and going strong.

A microwave oven is one of the most safety-tested of all consumer products, right up there with cars and child safety seats. The few complaints of injuries it receives usually are the result of operator errors like closing the door on a finger or burning one's hand or mouth on hot food, steam or a container coming from the microwave.

Microwaves are not radioactive. They are non-ionizing, electromagnetic waves of light which happen to be invisible. They are waves like those that operate your radio and television, only smaller and shorter.

People with pacemakers can operate microwave ovens safely. Pacemaker batteries have been shielded since 1974, so this old guideline should be canceled. All other concerns are minor.

Televisions, personal computers, microwave ovens and other electronic appliances emit electromagnetic fields (EMFs). These fields are diminished as a person moves farther from the appliance.

Experts do not know what harm, if any, is caused by EMFs. They

think prolonged exposure can cause headaches, but they do not know.

The best advice anyone can give is stay 18 inches or more from the appliance and don't stare at it a long time. Given this guide, there is far less to fear

from a microwave oven than a personal computer.

I have worked in test kitchens and foods classes with microwaves for hours and days on end, but have not suffered any noticeable ill effects.

Some people are con-

cerned about leakage. Detectors are not necessary. The federal government does not allow more than 5 milliwatt per square centimeter of leakage over the life of the oven — 15 to 20 years.

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### SATURDAY, APRIL 13TH, 9AM TO 12 NOON ONLY.

**3 HOUR SHOPPING SPREE!**  
**HALF PRICE SALE AND BUY ONE, GET ONE FREE SALE!**

#### BUY 1 GET 1 FREE

LADIES' PANTHOSE  
Reg. 4.50 ea. Sensible Shoe™ Supershapers™  
Reg. 3.75 ea. Sheer Carress™ pantihose.  
Excludes items sold in multiples and Value Right Items.

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MISSIES' EMBELLISHED TEES  
Reg. \$18 ea. Lee® crewneck tee in cotton polyester.

#### BUY 1 GET 1 FREE

ALL WARNERS®, BALI® AND VANITY FAIR® BRAS  
Reg. 22.50 Bali® double-support bra. Excludes specialty priced 13.99, famous maker bras, items sold in multiples & Value Right Items.

#### BUY 1 GET 1 FREE

MEN'S HUNT CLUB® SHIRTS  
Reg. \$22 ea. Basic solid color cotton knit shirt.

#### BUY 1 GET 1 FREE

ALL YOUNG MEN'S CITY STREETS® SHORTS  
Reg. 14.99 ea. Fashion chino shorts.  
Reg. 19.99 ea. Pleated twill shorts.

#### BUY 1 GET 1 FREE

STAFFORD® EXECUTIVE ALL-COTTON DRESS SHIRT  
Reg. 29.50. Cotton pinpoint oxford. Men's sizes.

#### BUY 1 GET 1 FREE

KIDS' NOVELTY TEES  
Reg. \$10 - \$15 ea. A great selection in assorted styles and fabrics.  
Excludes items sold in multiples and Value Right Items.

#### BUY 1 GET 1 FREE

BOYS' SHORTS  
Reg. 9.99 ea. Apparatus® sheeting shorts. Boys' sizes S-XL. Assorted colors.

#### 50% OFF

ALL LADIES' CABIN CREEK® CASUAL SHOES  
Sale \$8 - \$22 Reg. \$16 - \$44.  
Selection includes Nubuck sneakers, slip-ons, jazz oxfords, leather flats and more.

#### BUY 1 GET 1 FREE

EGYPTIAN COTTON TOWELS  
Reg. \$12 ea. Bath towel.  
Reg. \$8 ea. Hand towel.  
Reg. 4.50 ea. Washcloth.

#### BUY 1 GET 1 FREE

LEE® GIRLS' DENIM SHORTS  
Reg. \$18 ea. Girls' sizes 4-6X.  
Reg. \$20 ea. Girls' sizes 7-16.

#### 50% OFF

WORTHINGTON® WAVE TUNIC AND PANTS  
Sale \$14 Reg. \$28. Tunic top in misses' sizes.  
Sale \$13 Reg. \$26. Pull-on pants in misses' sizes.

#### 50% OFF

ENTIRE LINE OF SHOULDER WALLET  
Sale \$10 Reg. \$20.  
Rosetti® flapper.

#### 50% OFF

BRACELETS IN ASSORTED STYLES  
Choose gold, diamonds, gemstones, sterling silver or fashion jewelry.  
Percentage off represents savings on regular prices.

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SMOOTH TOUCH™ SHEETS  
Sale 3.99 Reg. 8.99. Twin size.  
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SELECTED LAMPS  
Sale \$60 Reg. \$120. White urn or crystal table lamp.  
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- **SALE 19.99** LIZ BAKER® ESSENTIALS, REG. 24.99  
Mesh tunic top or crinkle skirt in misses' sizes.  
Sale 19.99 Reg. \$29. Christie & Jill® crinkle polyester tunic top in misses' sizes.  
Sale 19.99 Reg. \$32. Christie & Jill® crinkle silk tunic top in misses' sizes.
- **SALE \$27** LADIES' HUNT CLUB® CRISS-CROSS SANDAL, REG. \$36  
Sale 14.99 Reg. 19.99. MB® Clothing Co. T strap or Cabin Creek® huarache.  
GREAT SAVINGS ON SANDALS FOR WOMEN!
- **33% OFF** BRIEFS, BIKINIS, DAYWEAR & SLIPS  
Excludes Jacket for Her®, Value Right and items sold in multiples.
- **SALE \$399** 14K GOLD/DIAMOND EARRINGS .50 CTT.W., REG. \$800
- **SALE 16.99** ARIZONA JEAN CO.® JEANS FOR JUNIORS, REG. 21.99
- **SALE 5.99** BIG GIRLS' NEW MOVES® MOCKNECK KNIT TOP, REG. 9.99  
Sale 7.99 Reg. 12.99. Big Boys' knit top in assorted styles.
- **SALE 29.99** KIDS' NBA® REPLICA JERSEY, REG. \$35  
SAVE ON MORE NBA APPAREL FOR KIDS!
- **SALE 5.99** CARTERS® SLEEPER IN PRINTS OR SOLIDS, REG. \$9  
LOWEST PRICE EVER FOR CARTERS® SLEEPERS FOR INFANTS!
- **SALE 19.50** INFANTS' SUEDE BOOTS, REG. \$26  
ARIZONA JEAN CO.® KIDS' SHOE SALE  
Sale 22.50 Reg. \$30. Girls' work boots.
- **30% OFF** ADULT TEAM APPAREL  
Save on NBA, NHL, MLB and NCAA licensed apparel.  
Sale excludes Nike® team licensed apparel.

- **40% OFF** MEN'S STAFFORD® SHORT-SLEEVE DRESS SHIRT  
Sale 13.50 Reg. 22.50. Wrinkle-free cotton/polyester.
- **30% OFF** MEN'S STAFFORD® AND STAFFORD® SPORT BRIEFS  
Sale 6.30 Reg. \$9 pkg. of 3. Cotton briefs. Sale 8.40 Reg. \$12. Men's mid-length briefs.
- **SAVE ON** YOUNG MEN'S LEVI'S® 550™ JEANS AND SHORTS, LEVI'S® SILVERTAB™ JEANS AND SHORTS AND ALL 501™ JEANS
- **SALE 19.99** MEN'S ST. JOHN'S BAY TWILL SHIRT, REG. \$28  
Sale 22.99 Reg. \$34. Men's Hunt Club® oxford-cloth cotton shirt.
- **NOW 24.99** MEN'S HAGGAR® WRINKLE-FREE COTTON TWILL PANTS
- **SALE 33.49** MEN'S COMFORT BOAT SHOE, REG. 49.99  
ALL MEN'S SANDALS ON SALE! ALSO SAVE ON SHOES FROM AIRWALK®, ARIZONA JEAN CO.®, DEXTER® AND ST. JOHN'S BAY®
- **SALE 16.99** THERMAL BLANKET, REG. \$23 - \$34  
Any size: full, queen or king. Cotton or acrylic.  
Sale 12.99 Reg. \$18. Twin size.
- **33% OFF** ALL SHOWER CURTAINS & BATH MATS
- **SALE 59.99** BED-IN-A-BAG, REG. 79.99 - 99.99  
Any size: full, queen or king. Includes comforter, bedskirt, sham(s), sheets and pillow case(s). Full, queen and king have 2 shams and 2 pillow cases.
- **SALE 19.99** IRREGULAR SHEET SETS, REG. 21.99 - 31.99  
Any size: full, queen or king size. Cotton/polyester.  
Sale 10.99 Reg. 12.99. Twin size.
- **SPECIAL 199.99** 5-PC. TABLE & CHAIR SET  
Dining table and four upholstered chairs of assorted hardwoods.  
Available until stock is depleted.

Regular prices appearing in this ad are offering prices only. Sales may or may not have been made at regular prices. Sale prices on regular-priced merchandise effective Saturday, April 13th unless otherwise noted. Percentages off represent savings on regular prices or original prices, as shown. Intermediate markdowns may have been taken on original prices. Reductions on original priced merchandise effective until stock is depleted. "Buy One Get One Free" represents savings off regular or original prices, which may vary by market. Any event designated as a "Sale" always excludes Dasthof and Quince. "Special Buy" represents savings off regular or original prices, which may vary by market. "Special Buy" items sold every day in multiples of two or more and Value Right items which are sold at our best price every day. Merchandise shown is representative of the assortment. Selection may vary from store to store. Diamond sale includes only that jewelry where diamonds constitute the greatest value. Diamond accents may not constitute greater value than gold. Gemstone sale includes only that jewelry where gemstones constitute the greatest value. 10K and 14K gold in our assortments. CTT.W. stands for carat total weight.

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# TOP QUALITY, WIDE SELECTION AND Low, Low Prices!



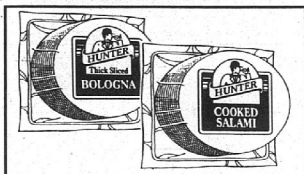
BONUS PACK, FRESH LEAN  
Ground Round

**189**  
lb.



TENDERBIRD, FROZEN  
Boneless, Skinless  
Chicken Breast

**799**  
3 POUND  
BAG



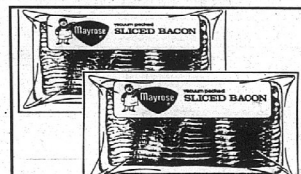
Hunter Cooked Salami  
or Sliced Bologna

**129**  
1-POUND  
PACKAGE



Shop 'n Save  
Pork Sausage

**159**  
1-POUND  
ROLL



Mayrose  
Sliced Bacon

**169**  
1-POUND  
PACKAGE

PATTIES OR LINKS  
BROWN 'N SERVE  
Jones  
Sausage.....

**99¢**  
8-OZ.  
PKG.

Jimmy Dean  
Tastefuls.....

**199**  
14-OZ.  
PACKAGE

ALL VARIETIES  
Eckrich  
Lunchmakers...

**99¢**  
14-OZ.  
PKG.

Eckrich Smoked  
Sausage.....

**219**  
1-POUND  
PACKAGE

REDI-SERVE  
On-Cor Chicken  
Fried Steak.....

**159**  
1-POUND  
PACKAGE

Tyson  
Chicken Pot Pie..

**139**  
9-OZ.  
PACKAGE

Oscar Mayer  
Cotto Salami.....

**2/\$3**  
1.5-LB.  
PKG.

SMOKED  
Louis Rich  
Turkey Sausage..

**189**  
14-OZ.  
PACKAGE

Kretschmar  
Braunschweiger..

**159**  
1-POUND  
PIECE

BRATWURST,  
KNOCKWURST, LITES OR  
Hygrade  
Ballpark Franks..

**2/\$3**  
1.5-LB.  
PKG.

PRE-COOKED  
Hudson Flavored  
Chicken Breast...

**699**  
2.5-POUND  
PACKAGE

SMOKED SAUSAGE OR  
Healthy Choice  
Franks.....

**2/\$5**  
14 TO  
18-OZ.



EVERYDAY LOW PRICE  
Bugles  
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**99¢**  
5 TO  
6-OZ. PKG.  
ASSORTED VARIETIES



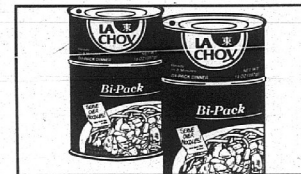
EVERYDAY LOW PRICE  
Lipton Onion  
Soup or Dip Mix

**79¢**  
PACKAGE



EVERYDAY LOW PRICE  
Franco American  
Gravy

**2/\$1**  
10.5-OZ.  
CAN.



EVERYDAY LOW PRICE  
LaChoy Bi-Pack  
Chow Mein Dinner

**249**  
42-OUNCE

EVERYDAY LOW PRICE  
Libby's Chicken  
Vienna Sausage

**3/\$1**  
5-OZ.  
CAN

EVERYDAY LOW PRICE  
Pet Ritz  
Cream Pies

**99¢**  
14-OUNCE  
PACKAGE

EVERYDAY LOW PRICE  
Grade "A" 1 1/2-Dozen  
Medium Eggs

**79¢**  
18-COUNT  
CARTON  
LIMIT 3, OVER LIMIT 99¢

EVERYDAY LOW PRICE  
Sunsweet  
Prune Juice

**99¢**  
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The more you shop the more you save. SM

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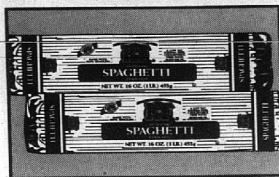
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**2/\$3**  
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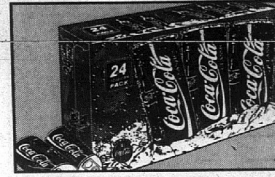
**R-F  
Spaghetti**

**67¢**  
16-OZ. PKG.



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14.25-14.5  
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24-PACK, 12-OZ. CANS  
**Coke, Diet Coke  
or Sprite**

**567**  
2-LITER 79¢, LIMIT 6, OVER LIMIT 99¢



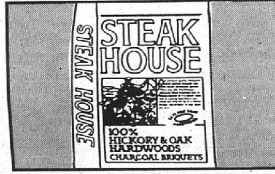
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**Kellogg's  
Cereal**

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OUR LOW PRICES. 75¢ OFF REFLECTED  
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ORIGINAL, LEMON, OR  
MOUNTAIN SPRING  
**Ultra Dawn**

**99¢**  
14-OZ. BTL.



100% HARDWOOD  
**Steakhouse  
Charcoal**

**2.99**  
20-POUND BAG  
LIMIT 2



OUR LOW SALE PRICE \$1.99  
**Maull's  
Barbecue Sauce**

**99¢**  
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WITH COUPON BELOW AND PURCHASE  
OF STEAKHOUSE CHARCOAL

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THAN EVER TO  
SERVE YOU!**

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10817 Old Halls Ferry
- FLORISSANT  
Paddock Plaza on N. Lindbergh
- WOODSON TERRACE  
4140 Woodson Road

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THESE STORES. PLEASE BEAR WITH US AND THANK  
YOU FOR YOUR PATIENCE.

ASSORTED VARIETIES  
Guy's  
Potato Chips... **2/2.98**  
14-OZ. BAG

ASSORTED VARIETIES  
Bush's Baked  
Beans... **89¢**  
28-OZ. CAN

SHOP 'N SAVE  
Split Top  
Wheat Bread... **99¢**  
28-OZ. LOAF

Shop 'n Save  
Premium Coffee... **4.99**  
39-OZ. PKG.

Shop 'n Save  
Coffee Creamer... **1.49**  
22-OZ. PKG.

EVERYDAY LOW PRICE  
STACK PACK  
Sunshine Hi-Ho  
Crackers... **1.99**  
16-OZ. BOX  
EVERYDAY LOW PRICE  
REGULAR OR LOW SALT  
Sunshine  
Cheez-its... **1.99**  
16-OZ. BOX



Bi-Rite  
Paper Plates... **99¢**  
100-CT. PKG.

ASSORTED VARIETIES  
Brawny  
Paper Towels... **3/\$2**  
1-ROLL

**SAVE \$1.00**

ON MAULL'S BARBECUE  
SAUCE, 24 OZ. BOTTLE  
with this coupon and the purchase  
of 20-pound Steakhouse Charcoal

Shop 'n Save

\*LIMIT 1 COUPON PER PURCHASE  
\*VALID THRU 4/14/96  
\*STORE COUPON 6011



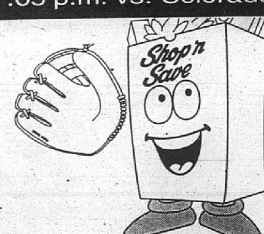
## Get a **FREE** Cardinals Baseball Ticket!



Get one \$9.50 Terrace  
Reserve Seat **FREE** with  
the purchase of another  
\$9.50 ticket and \$5.00  
Worth of Shop 'n Save  
Brand Products

Here's How!

Present your Shop 'n Save  
receipt showing the purchase  
of \$5.00 or more of Shop 'n  
Save brand products to the  
ticket window at Busch  
Stadium. Purchase a \$9.50  
ticket and you'll receive a  
FREE \$9.50 ticket. Limit one  
free ticket per receipt. Offer  
not valid with other discounts.  
While supply lasts.



**TICKETS FOR**  
Sunday April 28th  
7:05 p.m. vs. Atlanta  
or  
Tuesday May 28th  
7:05 p.m. vs. Colorado



04102A



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Liquor Prices Good at Illinois Stores Only. Some items not available at all stores.

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REGULAR, LIGHT OR DRY  
**Michelob  
Beer**

**999**  
18/12-OZ. CANS



OUR LOW SALE PRICE \$9.99  
**Kentucky  
Tavern**

**699**  
1.75-LTR. BTL.  
AFTER \$3.00 IN-STORE MAIL-IN REBATE

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**Homebest Extra  
Strength Pain Reliever**

**99¢**  
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AFTER 50¢ OFF IN-STORE COUPON



OUR LOW SALE PRICE \$1.19  
**Homebest  
Toothpaste**

**69¢**  
6.4-OZ. PKG.  
AFTER 50¢ OFF IN-STORE COUPON

REGULAR, LIGHT, ICE OR DRY  
**Keystone Beer..... 749**  
24/12-OZ. CANS  
REGULAR, LIGHT, ICE OR ICE LIGHT  
**Budweiser Beer..... 1297**  
24/12-OZ. CANS  
REGULAR, LIGHT OR ICE  
**Milwaukee's Best Beer..... 199**  
6/12-OZ. CANS

REGULAR, LIGHT OR N.A.  
**Old Milwaukee Beer..... 439**  
12/12-OZ. CANS

**Zima..... 469**  
6-8/8 BTL.

**Bag Ice..... 69¢**  
8-LB. BAG

ASSORTED VARIETIES  
**Inglenook Wine..... 2/\$5**  
750-ML. BTL.

WHITE ZINFANDEL OR GAMAY  
**Beringer Wine..... 439**  
750-ML. BTL.

SELECTED VARIETIES  
**E&J Gallo Wine..... 549**  
1.5-LTR. BTL.

ASSORTED VARIETIES  
**Carlo Rossi Wine..... 649**  
4-LTR. BTL.

SELECTED VARIETIES  
**Seagram's Wine Coolers..... 2/550**  
4-PACK

ASSORTED VARIETIES EXCEPT  
**HOT DAMN 100 PROOF DeKuyper Schnapps..... 579**  
750-ML. BTL.

**Canadian Mist..... 1149**  
1.75-LTR. BTL.

**Jose Cuervo Margarita Mix..... 399**  
1.75-LTR. BTL.

WHITE OR GOLD  
**Juarez Tequila..... 569**  
1.75-LTR. BTL.

**Seagram's Gin..... 1099**  
1.75-LTR. BTL.

ASSORTED VARIETIES  
**Mogan David Wine..... 3/699**  
750-ML. BTL.

**Please-Drink Responsibly  
Don't Drink & Drive**

**Colgate Shaving Cream..... 79¢**  
11-OZ. CAN

12-CT. EXTENTABS, 4-OZ. ELIXIR OR DYE FREE ELIXIR  
**Dimetapp..... 399**

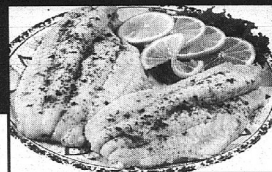
OUR LOW SALE PRICE \$2.49  
35MM, 200 SPEED OR 110  
**Homebest Film..... 199**  
24-EXP.  
AFTER 50¢ OFF IN-STORE COUPON

**SHAMPOO OR CONDITIONER Outrageous .... 199**  
15-OZ. BTL.

HYDRATIVE, COLORVIVE, OR FORTAVIVE  
**L'Oreal Shampoo 2/\$5**  
11-OZ. BTL.

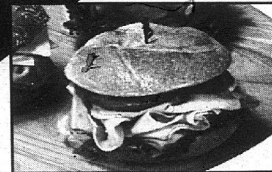
TABLETS, CAPLETS, GELTABS, ASPIRIN FREE  
**Excedrin..... 259**  
20-24 CT. PKG.

## Bakery, Seafood & Deli Dept. VALUES!



**Farm Fresh  
Catfish Fillets**

**399**  
lb.



**Jennie-O Smoked  
Turkey Breast**

**299**  
lb.

Bakery, Deli, & Seafood not available at all stores

## Shop'n Save Photo Processing

**DOUBLE PRINTS-ANY SIZE ROLL  
UP TO 24-EXPOSURE**



**299**  
3 1/2 inch prints  
original color print film  
C 41 process

## Shop'n Save Family Video Center

**EVERYDAY LOW RENTAL PRICES!  
ALL NEW RELEASE ALL OTHER TITLES**

**99¢ 49¢**  
EACH EACH

ALL VIDEO GAMES 99¢ EACH  
AT STORES WITH VIDEO CENTER ONLY



**FRESH Shark Steaks..... 399**  
lb.

**Cod Fillets..... 299**  
lb.

WISCONSIN  
**Lorraine Swiss Cheese..... 399**  
lb.

**Patrick Cudahy Honey Ham..... 399**  
lb.

**SEEDS Steak Buns..... 119**  
6-CT. PKG.

**Chocolate Chip Cookies..... 369**  
24-CT. PKG.

**Garlic Bread..... 129**  
8-OZ. PKG.

**Cinnamon Pull A-Parts..... 159**  
22-OZ. PKG.

**More Great Values In-Store!**

04103C



# For Less!

## DAIRY & FROZEN FOOD SAVINGS!



ALL VARIETIES EXCEPT  
NATURALLY RISING  
**Jack's Pizza**

**2/\$5**  
15-21 OZ. PKG.



24-SLICE  
**Kraft American  
Singles**

**249**  
16-OZ. PKG.



ASSORTED VARIETIES  
**Budget Gourmet  
Special Selections**

**5/395**  
9-11 OZ. PKG.



ASSORTED VARIETIES  
**Yoplait  
Light Yogurt**

**3/\$1**  
6-OZ. PKG.

REGULAR, LITE  
OR NO FAT  
**Daisy  
Sour Cream**.....

**99¢**  
16-OZ. PKG.

**Louisa  
Meat Sauce**.....15-OZ. PKG.

**3/\$4**

ASSORTED VARIETIES  
**Tina's  
Burritos**.....

**4/\$1**  
5-OZ. PKG.

LONG BRANCH, CURLEY  
OR TASTY 9'S  
**Inland Valley  
Potatoes**.....

**99¢**  
32-OZ. PKG.

ASSORTED VARIETIES  
**Tony's Personal  
Pizza**.....7.2-8.4 OZ. PKG.

**3/\$4**

ASSORTED VARIETIES  
**Lucia's  
Pizza**.....18-22.5 OZ. PKG.

**2/\$6**

JUMBO BUTTERMILK,  
OR BUTTER FLAVOR  
**Shop 'n Save  
Biscuits**.....

**89¢**  
16-OZ. PKG.

ASSORTED VARIETIES  
**Totino's Hearty  
Pockets**.....

**199**  
9.5-OZ. PKG.

REGULAR OR LITE  
**Sargento  
Ricotta Cheese**.....

**2/\$3**  
15-OZ. PKG.



## Cardinals Sports Replay

For St. Louis Youth  
Donate new and used sports equipment to area  
needy children. Collection  
barrels at all Shop 'n Save Stores

Sponsored by:



Alliance  
Blue Cross  
BlueShield

An Independent licensee of the Blue Cross and Blue Shield Association

Suburban Journals

**Shop 'n Save**



## Everyday Low Prices!

LOOK FOR THE YELLOW TAGS  
IN-STORE AND SAVE

**Creamette  
Long Spaghetti**.....

**67¢**  
16-OZ. PKG.

**Jiffy Baking  
Mix**.....

**99¢**  
40-OZ. PKG.

**Campbell's  
Tomato Juice**.....

**3/\$1**  
11.5-OZ. CAN

JELLIED  
**Ocean Spray  
Cranberry Sauce**.....

**79¢**  
16-OZ. CAN

**Old El Paso  
Refried Beans**.....

**79¢**  
16-OZ. PKG.

BEEF LIVER  
**Alpo  
Dog Food**.....

**49¢**  
13.2-OZ. CAN

SMALL BITES  
**Pedigree  
Mealtime**.....

**699**  
22-LB. BAG

**Heinz 57  
Steak Sauce**.....

**299**  
10-OZ. BTL.

**General Mills  
Cheerios**.....

**299**  
15-OZ. BOX

**Post  
Toasties**.....

**189**  
19-OZ. BOX



## We Discount All Pre-Priced Products Every Day!

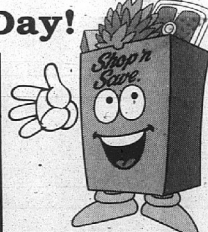


ALL GREETING  
CARDS  
DISCOUNTED  
**20%**  
FROM MANUFACTURERS  
MARKED PRE-PRICE

ALL BOOKS  
& MAGAZINES  
DISCOUNTED  
**10%**  
FROM MANUFACTURERS  
MARKED PRE-PRICE

ALL PRE-PRICED  
BAG SNACKS  
DISCOUNTED  
**10%**  
FROM MANUFACTURERS  
MARKED PRE-PRICE

ALL ENTENMANN  
& HAAS ITEMS  
DISCOUNTED  
**10%**  
FROM MANUFACTURERS  
MARKED PRE-PRICE

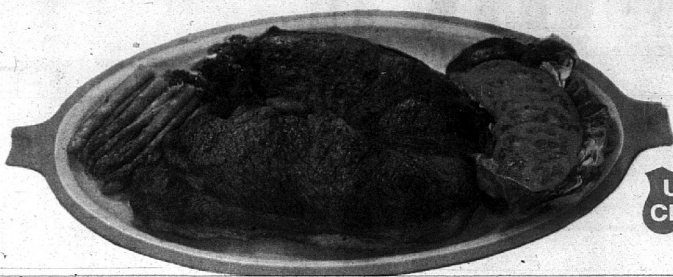




# TOTAL VALUE

USDA CHOICE CORN FED BEEF

**Boneless  
Round Steak**



USDA  
CHOICE

**149**  
lb.

LIMIT 3  
PKGS.



USDA CHOICE CORN FED BEEF  
**Boneless Sirloin  
Tip Roast**

**189**  
lb.



BONUS PACK, LEAN TENDER  
**Beef Cube  
Steak**

**259**  
lb.



TENDER, WHOLE FRESH  
**Pork  
Tenderloin**

**389**  
lb.



ALL NATURAL CHICKEN  
**Hudson Boneless  
Skinless Thighs**

**159**  
lb.

ALL NATURAL  
**Hudson Pick  
of the Chick...**

**99¢**  
lb.

MAPLE FLAVOR  
**Surrey Farm  
Bacon**

**169**  
1-LB. PKG.

REGULAR OR LIGHT  
**Oscar Mayer  
Bologna**

**2/\$3**  
1-LB. PKG.

ALL VARIETIES  
**Oscar Mayer  
Lunchables**

**4/\$5**  
4.5-OZ. PKG.

ALL MEAT  
**Hunter  
Hot Dogs**

**79¢**  
12-OZ. PKG.

PEPPERONI, SAUSAGE,  
OR DELUXE  
**Mama Rosa  
Pizza**

**2/399**  
22-OZ. PKG.

COUNTRY  
**Tennessee Pride  
Pork Sausage**

**169**  
1-LB. ROLL

FAJITA'S OR STIR FRY  
**Hudson Full  
Meal Kits**

**499**  
34-OZ. PKG.

ALL VARIETIES  
WAFFER THIN  
**Buddig Sliced  
Meats**

**2/109**  
2.5-OZ. PKG.

PATTIES OR CHUNKS  
**Tyson Boneless  
Chicken**

**2/\$5**  
10.5-OZ. PKG.

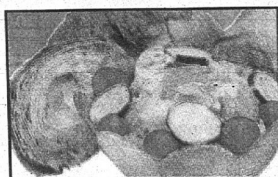
**Jennie-O  
Ground Turkey**

**89¢**  
1-LB. ROLL

ORIGINAL  
**Johnsonville  
Bratwurst**

**259**  
lb.

**Pick of the Crop Garden Fresh Produce!**



CALIFORNIA, 24 COUNT  
**Iceberg  
Lettuce**

**78¢**  
EACH

**Dole Special  
Blends**

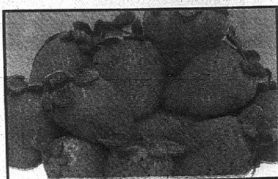
**188**  
10-OZ. PKG.

**Hot House  
Tomatoes**

**188**  
lb.

FLORIDA  
**Red  
Grapefruit**

**198**  
5-LB. BAG



CALIFORNIA  
**Red-Ripe  
Strawberries**

**88¢**  
lb.

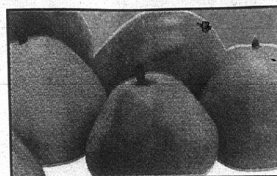
RED, GOLD OR JONATHON  
**Michigan  
Apples**

**158**  
3-LB. PKG.

Medium  
**Yellow Onions**

**98¢**  
3-LB. BAG

**The Finest Quality  
& Selection!**



NORTHWEST  
**Anjou Pears**

**68¢**  
lb.

**Florida  
Juice Oranges**

**188**  
5-LB. BAG

**Marzetti's  
Slaw Dressing**

**288**  
12-OZ. JAR

ROASTED OR SALTED  
**Gary's Peanuts**

**198**  
20-OZ. BAG



**Try These  
Exotic Varieties!**  
NOT AVAILABLE AT ALL STORES

FRESH Bunch Kohlrabi... **148**  
lb.  
FRESH Chard... **148**  
lb.  
FRESH PORTABELLA  
Mushrooms... **298**  
lb.  
MELISSA'S  
Rosotto... **138**  
lb.  
MELISSA'S DRIED  
Habanero Peppers... **198**  
2.5-OZ. PKG.  
MELISSA'S  
Tabbouleh... **298**  
8-OZ. PKG.



**Shop 'n Save**  
The more you shop the more you save. SM

S	M	T	W	T	F	S
			10	11	12	13

\* PRICES GUARANTEED THRU APRIL 13, 1996 AT ALL ST. LOUIS METRO STORES ONLY • WE RESERVE THE RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 984-0900

**Shop 'n Save**  
**DOUBLE YOUR  
MONEY BACK**  
MEAT & PRODUCE  
GUARANTEE  
WITH PROOF OF PURCHASE

04105A















**320 HELP WANTED**  
**ADMINISTRATIVE**  
**SUPER STAR**  
 Off & running for two years and is now being recognized for 1995 Office of the Year. This is an exciting, fast paced business with tremendous growth opportunity for that sales savvy, career minded individual who can roll up their sleeves, work hard & watch your income & responsibilities grow. Salary + bonus + benefits. For personal interview, call Carol.

**320 HELP WANTED**  
**INSTALLER**  
 Leader of the Cable industry seeking a motivated individual to install for the East St. Louis office. Job involves performing cable connections, cabling, testing, and up to 70% of the work. Must be a team player, computer literate, and have a valid driver's license. Salary and benefits commensurate with experience. Please send resume to: Human Resources Department, One West Main Street, Suite 200, St. Louis, MO 63101. Equal Opportunity Employer.

**320 HELP WANTED**  
**ADMINISTRATIVE**  
 A motivated individual with a minimum of 5 years experience in a fast paced environment. Must be a team player, computer literate, and have a valid driver's license. Salary and benefits commensurate with experience. Please send resume to: Human Resources Department, One West Main Street, Suite 200, St. Louis, MO 63101. Equal Opportunity Employer.

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**CUSTOMER SERVICE REPRESENTATIVE**  
 Get on the ground floor of a fast paced, nationwide company. We are seeking a person who is hard working, computer literate, flexible and a team player who can work in a busy office. Send resumes to: Labor Ready, 2140 First Capital St. Charles, MO 63031 or fax 314-940-5552.

**320 HELP WANTED**  
**CLEANING LADIES**  
 Join our busy cleaning staff. We work Monday through Friday only. No weekends. No Nights. Experience a plus. Apply this week. \$500.00 to \$1000.00. In the Orchard Shopping Center.

**320 HELP WANTED**  
**ATTENTION**  
 Early Bird! Fantastic opportunity exists with International Fortune 100 company. You will assist their clients in an exciting high tech system environment. Early hours give you a stellar future. Full benefits.

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**FACTORY/PRODUCTION WORKERS**  
 Growing company near downtown needs a few good people for our sales, service and general handling of clothes. Basic training provided. Pay ranges from \$6.00 to \$10.00 per hour. Send resume to: Labor Ready, 2140 First Capital St. Charles, MO 63031 or fax 314-940-5552.

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**320 HELP WANTED**  
**PAPER SHEETER OPERATOR**  
 High speed experienced paper mill operator. Second shift. Good pay. Call Mr. Pate at 314-231-0681.

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**NEW HIRING**  
 IMMEDIATE OPENINGS  
 Whelan Security, the largest and most prestigious security company in St. Louis, is accepting applications for immediate openings throughout the St. Louis metro area. Locations: south city, north city, Forest Park, Clayton and West county. Full and part time positions available.

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